

LOWER YOUR SCORE, PLAY INJURY-FREE, BUILD FITNESS,
AND IMPROVE YOUR GAME FROM THE GROUND UP

The Healthy Golfer



DR. PHILIP MAFFETONE WITH ROB RIGG
FOREWORD BY DAVID LEADBETTER

Philip Maffetone

The Healthy Golfer: Lower Your Score, Reduce Pain, Build Fitness, and Improve Your Game with Better Body Economy



[continue reading](#)

While not every title we publish becomes a New York Instances bestseller or a nationwide bestseller, we are focused on publishing books on subjects that are sometimes overlooked by other publishers also to authors whose function might not otherwise look for a home. All golfers want to boost their swing and, because of this, lower their score. But often, despite numerous golf instruction movies, lessons with benefits, and time on the range, they are still a long way away from achieving their goals. Maybe that's because golfers are considering the procedure of improvement incorrectly? Probably achieving a repeatable swing and remaining calm under pressure is not about time on the number or on the course, but the way you care for your body and mind, as that is the foundation of a great golf game. Topics covered in The Healthy Golfer include: The way the feet are the foundation for the swing Correcting muscle tissue imbalances (and not by stretching) Improving mental focus on the course And many more! Starting with the feet and concluding with a debate of brain function, you will learn not only how to play better physically, but to master the overall game from a mental standpoint. The purpose of The Healthy Golfer is to present you with information that can help engage all of your senses on the course so that you can enjoy the game whenever you can for your entire life. books regarding baseball, pro football, college soccer, pro and university basketball, hockey, or soccer, we've a book about your sport or your team. Skyhorse Publishing, in addition to our Sports activities Publishing imprint, is proud to create a broad selection of books for visitors thinking about sports— By concentrating on critical areas of human efficiency, such as diet, stress, muscle imbalance, the mind, and accidents, which are often neglected areas of concern, The Healthy Golfer will educate you on that it's impossible to reach your complete potential on the program if you are not healthful in both body and mind. Furthermore to books on well-known team sports, we also publish books for a wide selection of athletes and sports enthusiasts, including books on jogging, cycling, horseback riding, swimming, tennis, fighting techniques, golfing, camping, hiking, aviation, boating, and so much more. Reach your full potential on the course by enhancing your mental and physical strengths.



[continue reading](#)

In a big part because of following his tips. reduce stress; Con: Golfing is a MacGuffin. Writer offers some anecdotal support of diet regimen; promotes eating fruits, nuts and protein powders; get even more sleep; practice barefoot Pro: Its a quick read. wear good shoes; practice barefoot; Excellent info on reasons why 'not to do' or 'to do'. Changing to spikeless shoes, walking the course and following a warm-up, muscle balance and nutrition recommendations Dr. A must go through for every golfer! Dr. Maffetone has an interesting, highly readable drug-free prescription for playing better, more fun golf and improving general health simultaneously. What could be much better than that? I especially recommend it to fellow retirees who, like me, after they have retired wish to play the overall game virtually every time because for the very first time in their lives, they will have the time. Unfortunately, again like me, they will find their bodies rebel with pains and aches and they are reduced to playing a couple of times a week. Finally here is a answer to those complications! homeopathy and other modern approaches that may be broadly applied to just about anything and everything we do. If The Healthy Golfer at least gets people, especially young and healthful people, out of their carts so that they can enjoy golf just how it must be played while enhancing their health levels, it will have provided a great service to golfers at every level. Maffetone provides, have improved my golf pleasure considerably and removed my need for ibuprofen during virtually every round.. Be cautious with fitness section.wear good boots; I am 75. I thought the book was shallow. It features an .. "A wholesome retiree golfer". I thought the publication was shallow. It features an focus on foot care and muscles imbalances. Nutrition was basic but informative. Ideal for during circular energy. It got me a while to determine that Dr Maffetone is certainly a chiropractor. He seems to work hard to hide this info. All around great method of golf All around great method of golf. Very long time fan of Dr M First heard him early 90s at a speak to triathlets at an area university, read his early books and also have done 6 Iron man races, still run, cycle, golf, etc. Implement his suggestions and you may feel better quickly. It also advocates aerobic exercise over anaerobic workout. He favors hardly any strength training or stretching. Exposing many fallacies and misinformation. Good. Great guidelines for golfers. I would have improved my golfing a whole lot had I implemented these guidelines instead of drinking beer, and eating fastfood. Very informative. Good help for creating and placing goals. holistic methods; Overall an informative examine. Awesome Stuff I recommend this publication for all golfers. The nutritional suggestions only make the book worth every penny. Individual professional physical assessment needed.



[continue reading](#)

download free The Healthy Golfer: Lower Your Score, Reduce Pain, Build Fitness, and Improve Your Game with Better Body Economy e-book

download free The Healthy Golfer: Lower Your Score, Reduce Pain, Build Fitness, and Improve Your Game with Better Body Economy txt

[download Run Your First Marathon: Everything You Need to Know to Reach the Finish Line pdf](#)

[download free Safe Tennis: How to Train and Play to Avoid Injury and Stay Healthy djvu](#)

[download The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, and Get the Most Out of Your Body pdf](#)