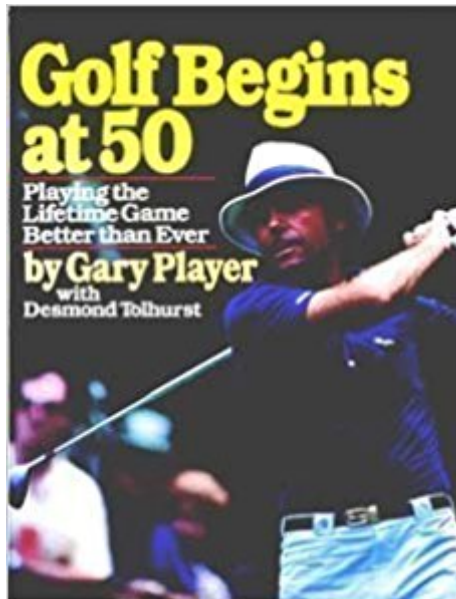




The book was found

Golf Begins At 50: Playing The Lifetime Game Better Than Ever



Synopsis

Gary Player provides a wealth of advice and instruction for the older player. --This text refers to an out of print or unavailable edition of this title.

Book Information

Hardcover: 254 pages

Publisher: Simon and Schuster; First Edition edition (1988)

Language: English

ISBN-10: 0671638610

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Package Dimensions: 9.7 x 7.5 x 1 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.7 out of 5 stars 14 customer reviews

Best Sellers Rank: #1,037,244 in Books (See Top 100 in Books) #66 in [Books > Sports & Outdoors > Coaching > Golf](#)

Customer Reviews

In this book geared to older golfers, golf champion Player clearly illustrates techniques that will improve scores by compensating for lost strength and flexibility. Player focuses on playing problem shots by explaining his famous "walk-through" driving style and offers clear directions on exercises that will train "golfing muscles" and aid in performance while reducing back strain and extending a player's longevity. He also shows how senior players must compensate by altering their playing strategy. Following his techniques and advice promises to add years to the enjoyment of an amateur golfer. Although a little heavy-handed when discussing Player's philosophy of life and golf, the book is a great find for avid golfers of all ages. Martin J. Hudacs, Towanda H.S., Pa. Copyright 1988 Reed Business Information, Inc.

I bought the VHS years ago. The book is like reading an old friend. Since no one today writes anything worth reading about us seniors and how we need to play golf, this is really the gold standard. Maybe Mr. Player will consider updating it a bit and reprinting it.

The book is somewhat dated but the main information continues to be helpful. Basically, accept the physical limitations of age that you can't change and work on all the ones you can change.

very good

I have not finished the book yet, but his ideas, thoughts, and suggestions are worth considering and practicing.

My husband is still reading it. He said whatever Gary Player is doing in terms of fitness might help him too.

Helpful for old duffers

I have conducted a quick review of the materials presented in the book and have been thoroughly impressed. I find the exercise programs outlined the most compelling part of the book.

Very helpful to me.

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