



The Six-Spoke Approach to Golf

Tom Patri

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The Six-Spoke Approach to Golf reveals what the world's top golf professionals know: To play your best you need to focus not just on technique but on all six aspects of playing well. If your body, mind, game analysis, practice regimen, equipment and technique are not in balance and working with you, they're actually working against you. This is the first golf book to provide: - Three professionally designed, graduated golf fitness programs - Details on computer-assisted and other cutting-edge analyses - Direction in choosing the right equipment and having it fitted - Advice on quieting your mind on the course - A simple, sensible short-game technique - A how-to guide for developing a sound, repeatable swing - Resources for locating the best practice aids - Beautifully illustrated drills and exercises Golfers who follow the Six-Spoke Approach significantly improve their scores, have greater strength and flexibility, gain more confidence in their game, and demonstrate an increase in their overall satisfaction and enjoyment of golf.

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