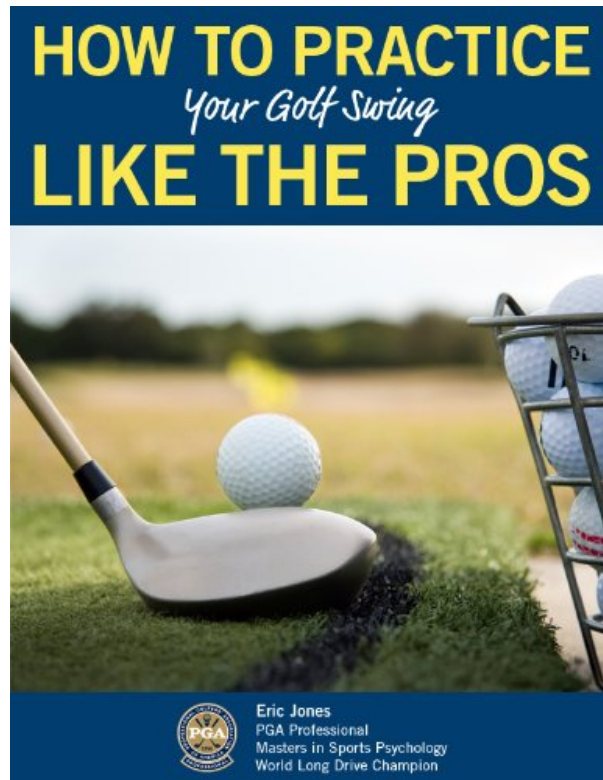


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# HOW TO PRACTICE YOUR GOLF SWING LIKE THE PROS

## BY ERIC JONES PDF

HOW TO PRACTICE YOUR GOLF SWING LIKE THE PROS is a "must read" for every golfer who is passionate about their golf game and determined to improve. The book is about 60 pages long, with 12 chapters covering different aspects of practice - from strategy to tactics. You'll find it both thought-provoking and practical.

The simple ideas about what to practice, why, and how to practice effectively are an amazing breakthrough that will help you improve your game far faster and with much more enjoyment. When you finish reading this book you will never think about practice the same way again.

The practice approach and methodologies explained in the book are clear and concise, easy to understand, and more importantly, simple to put into action. They take the drudgery out of practice, create clear focus, and add the excitement of knowing that you are achieving your goals. You'll know you are working on the right things, for the right reasons, in the right way.

Anybody can tell you what to do differently with your golf swing (and they usually do). But this is the first book that fully explains what to do AFTER that to rapidly create permanent, positive change.

Every golfer knows that the real secret to improving is practice. But almost none of them practices efficiently or effectively. In How To Practice Your Golf Swing Like The Pros you'll learn ...

- \* The REAL purpose of practice (and why you're wasting your time trying to "fix" your swing)
- \* How to identify your top practice priorities (and why practicing your strengths is critical to good scoring)
- \* How to use training methods of Olympic athletes to turbo-charge your results (and why some old myths are holding you back)
- \* How to structure an effective and efficient practice (so you get more done in an hour than most golfers do in a month)
- \* How to manage your improvement and track your progress (follow this advice and you'll leave every practice session with a feeling of accomplishment)
- \* Where and how to focus your attention during every swing (hint: it's NOT on the results of your shot)
- \* The secret of Goldilocks (and how her method will make practice more fun!)
- \* The Mastery approach to learning (and how this will take the pressure off)
- \* How to take it to the course (and how to shorten the longest walk in golf - from the practice tee to the first tee)

The ideas in this book are truly evolutionary. They take best practices from dozens of other fields and adapt them to golf. How To Practice Your Golf Swing Like The Pros ushers in a whole new era in teaching and learning about golf, and you will be at the cutting edge.

ABOUT the author: Eric Jones is passionate about the art and science of teaching golf. His unique coaching style blends success at the highest levels of competition with expertise in both the mechanics of the swing and the mental skills of championship athletes to provide insights that are at once simple and profoundly effective. No other golf instructor has his PGA professional credentials, a World Long Drive Championship title, and a Masters degree in Sport Psychology. He feels strongly that the future of golf instruction lies not just in improving the swing or enhancing mental skills, but in the intersection of both disciplines, where the mind and mechanics work together to create true high-performance results.

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3 of 3 people found the following review helpful.

Never been more focused

By max power

I can't speak for other people since I have taken tons of lessons and read countless books. I also intermittently record my swing since feel in golf can be very deceiving (You tell me :)). After following the advice on how to practice, I am a lot more focus on the range. I no longer get upset but just keep repeating the drills over and over again. I won't give more details from this book; but it is definitely well written. Kudos! I can feel after the great habits have been formed, they will show up themselves in my swing - on the course.

10 of 13 people found the following review helpful.

Totally over priced

By Fred L. Lindsey

I own and like Eric's "The five keys to distance". Very well written and very informative. Plus the included CD. This "bookette", while somewhat informative, is a total rip off for the price. I looked for information on how many pages there were before my purchase, but didn't see any. While reading, I couldn't believe it, when it ended. I've read longer articles in Readers Digest! That's the last "book" of his I will order, and the last time I will order a book that doesn't list the number of pages on your site.

Fred Lindsey

2 of 2 people found the following review helpful.

Some good stuff

By Keith Whittingham

There's a few good ideas in this book, the best probably random block practice. That's enough to make it worth the price and the reading time. But I have the feeling it could have been better. Search for EJ on youtube, he's got a great speaking voice and he's very convincing.

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