

H. ADVANCE TITLE INFORMATION

INTEGRAL GOLF TRAINING

by Detlef Stronk (ph.D.)

CONTENT:

Detlef Stronk, author of "The Modern Golf Swing" which was published a couple of years ago, has put the focus on physical and mental fitness to become a successful golfer.

The new kind of guidebook starts with loosening-up exercises, even comprising Feldenkrais methods and provides training instructions which blend technical, physical, emotional and mental aspects of the game, making you reach your performance goals faster than ever expected.

Benefit from integral skill building!

The author Detlef Stronk has been a sportsman throughout this life, not to forget his successful career as a politician and economic expert. Having retired from professional life he managed to achieve his single-digit handicap.

Rights all available

SPECIFICATIONS:

- 184 pages
- more than 150 colour pictures
- hardcover
- trim size 215 x 270 mm
- retail price: € 29.95
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