



The Golf Swing: It's easier than you think

Chris Riddoch

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'I'm impressed ... I can't wait to put the theory to the test.... A very readable exercise for the golfer who wants to understand the basics of the swing and how to put them to work.... I totally recommend this book to all golfers.' Golf Today, November 2012

'Simply, this is one of the best golf books written in recent years. Highly recommended...' Dan Parks, Editor in Chief, Journal of Applied Golf Research

The Golf Swing answers that eternal question: why is it so frustratingly difficult? And the answer is - because we make it difficult. This book explains the problem - the 'swing theory quagmire' that confuses and perplexes us. It goes on to outline the solution: a simple, effective, and enjoyable way to improve.

Using a scientific review of more than 200 research articles, author Chris Riddoch explains how dissecting the swing into a complicated sequence of angles and positions actually prevents improvement by stifling our powerful, innate skill-learning mechanisms. The way to a better golf swing is to liberate these mechanisms - which thrive on **simplicity**.

The Golf Swing adopts a modern, scientific approach, by combining two sciences: golf swing mechanics and human skill learning. The analysis goes well beyond simply describing a good swing - it explains how to get one.

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