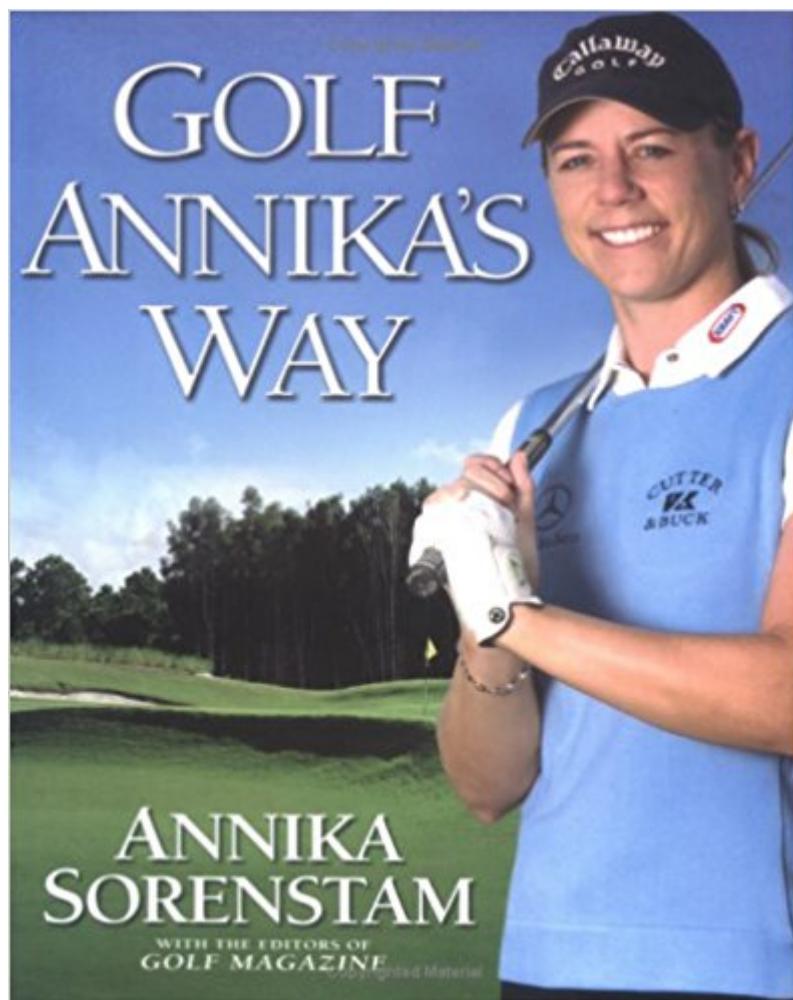


The book was found

Golf Annika's Way: How I Elevated My Game To Be The Best-- And How You Can Too



Synopsis

Annika Sorenstam is the world's greatest woman golfer; a dominant force in the game who has already captured a career Grand Slam and become the all-time LPGA money leader. Her rigorous mental and physical dedication has changed the face of her sport, and her fierce determination and unparalleled preparation have won her tournaments and fans the world over. In 2003, she made international headlines by becoming the first woman in more than fifty years to play against men in a professional event, bringing her trademark game and competitiveness to a whole new level. Now for the first time Annika takes you inside her extraordinary success and shows every golfer how to play and win like a pro. She breaks down the fundamentals of her game and shares her winning course strategies in one complete, easy-to-follow instruction book. *Golf Annika's Way* features: • All you need to know about how to use every club in the bag, from fairway woods to short irons to the putter • The secrets of the power behind her potent swing, from the essentials of grip and posture to her unconventional form on the follow-through • Hundreds of full-color photos, including high-speed shots that capture the elements of Annika's powerful swing frame-by-frame in a foldout spread • An insider look at the unique weight training and dietary regimen Annika has developed for building a stronger physique; and a longer drive Filled with insights and stories from throughout her colorful career, *Golf Annika's Way* gives you priceless advice from a champion's perspective. It's a must-have for Annika's millions of fans; and men and women golfers of all ages and skill levels who want to lower their scores on the course and bring their game to the next level.

Book Information

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Customer Reviews

I am a male that has worked hard mentally, physically and with a golf pro to reduce my high handicap by 10 strokes. The text and photography do a great job of instruction. The transition from the top and backswing as well as initiating the downswing translate into swing improvement. I also liked finding the balls of your feet for balance. I work hard at physical fitness and her chapter Getting Fit was very helpful. Strong to the core on the fitness ball and the med ball twist was great. I am aware of my abs on practice swings for the first time. I recommend this book for a golfer at any level, and believe readers will be surprised at its quality.

This is an excellent golf lesson book and I love it. It is also Annika Sorenstam's short autobiography. It introduced how she played golf and why she won LPGA tournaments so many times to golf beginners and experienced golfers as well. Compared with Jack Nicklaus's or Tom Watson's lesson books, this book is at least "par" and maybe "birdie". Her explanations about how to swing and how to handle all golf clubs are natural and pleasant. They are valuable, too. I am a man, and her lessons transcend gender. I learned from her something that I didn't learn from male golfers in the same way as she said that she learned a lot from male golfers. This Swedish woman is a true achiever and can become your good friend. Buy this book and keep it near you. It will improve your golf game, I guarantee.

I found this instruction book easy to understand. I like the fact that Annika allows her head to move with the swing. I found the concept of "crossing the line", going from preshot thinking to execution, helpful. This book makes the game seem simple, which can be helpful to anyone.

I'm a beginner golfer and this book has helped me know exactly how to hold the club, how different stances benefit my game and so much more. It's not complicated to read at all. Everything is explained very clearly. I've enjoyed this book so much.

I am a senior male golfer and found this book to be much more informative than those written for guys that can pound out the ball 300 yards. I still have not mastered Annika's ability to move her eyes to follow the ball after contact.

Positive, well illustrated book. A lot of excellent info. I checked it out at the local library, but we refer to it so much that I bought it on . Originally checked it out for my daughter, but I read it, too. Golf isn't a separate men or women specific sport. Annika has instruction, drills and tips that wil help anyone. There is a little autobiography in the beginning of the book. My daughter, who knew very little about Annika before, has become a fan after reading her story. This section lends credibility to her teachings from my young daughters viewpoint. I have a huge library of golf literature and dvd instruction, and this book is one of my top three favorites. Annika is one of the best golfers of all time, but she is humble and practical in her teaching apporoach.

Bought this book for my wife... My wife loves it, and enjoys that it explains golf theory in a positive style and has many many photos. I have gotten some great tips and thoughts from this book myself. An enjoyable read AAA+ Super book !

Annika will give you many great lessons and tips that helped her to dominate womens golf for over a decade. If you are looking to improve your game and learn from a legend, then this is a great book for your golf library.

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