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# I Feel Your Pain: Let's Make Golf Uncomplicated



## Synopsis

GolfWeek's Editor calls it "among the best instructional books I've seen in my career." • Mike Malaska, the 2011 PGA Teacher of the Year and current Worldwide Director of Jack Nicklaus Golf Academies, delivers uncomplicated golf instruction. This highly-regarded professional has collected his highly-successful approach to helping anyone, at any skill level, develop a far better game. With hundreds of pictures and captions, Mike doesn't just explain the game " he shows it to you, in step-by-step four color photographs, and a few simple words. The foreword by Jack Nicklaus highlights Mike's approach: "He poses the rare ability to motivate people and put them at ease during what can be a stressful process. He takes the technical out of technique." •

## Book Information

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## Customer Reviews

This an easy read and found several jewels within that made considerable improvement to my swing, and my understanding of my swing. I've ready many books on the subject and would rate this one among the best.

one of the best books I've read on golf.the industry is ripe with misconceptions and Mike keeps it simple and easy to understand, and therefore implement.I also watch some of his utube videos and found them very helpful.He says "golf is a game of control, not power". that really hit home for me

Mikes' teaching of the golf swing is just what I have searching for, this method has allowed me to swing without the tension and the strain that put so much stress on my body. The book also has some excellent points on the mental aspects and physical fitness elements of golf. I would recomend his youtube videos as another excellent resource and a good way to supplement the book.

3 stars and I'm being charitable. I bought this book on the basis of introductory narrative, the citing of Jack Nicklaus' recommendation and reviews. There's stuff in here to like and find useful, but in the end (a rather expensive end) this book is not for me. A major premise of the book is to keep things simple. Yet I found the format and the progression of the instruction both over detailed, yet muddied and insufficient. Certainly, a major reason this book is so pricy is that it is entirely in color, AND at 12" x 12", on heavy stock.... It is more of a coffee table book, than the typical golf instruction book you could sneak into your briefcase or take along to the range. Buyer Beware. (I note this review references my purchase of the Kindle edition of this book. I bought the Kindle edition only after purchasing the hardcover edition... finding the hardcover edition very "pretty", but utterly unusable in it's size and weight to be a practical golf instruction manual).

This is the best instructional book I've ever read about golf. Mike nails it in all phases of the game and I look forward to reading it again. However, the printer should be beaten severely about the head with a 9 iron. It's very difficult to read white print on a pale yellow background or even white on a pale green background and they do it throughout the book. Also, some of the points are repeated but, perhaps there is a reason for that. The content however, and the method Mike uses for teaching is definitely 5 star.

I have done all the technical stuff (hold elbow 90 degrees and restrict hips and keep foot down, etc, etc). Refreshing to just manipulate club face like you would many other sports. Simplify & use your natural abilities. Helped me!

Thanks to this book and few Mike's videos on youtube my long game improved dramatically just within few weeks. Honestly I feel -less I use my body more consistent I am with not compromising my distance. After years the best book I read. Principles in the book make more sense then any other and it is explanation is clear. At least for me is working great. Thanks Mike you restarted my golf again!

After years of lessons and hundreds of dollars spent on equipment seen on the cover, I saw this book and thought, What's the worst that could happen?"I immediately connected with the theme of letting go and not worrying about what happens on the golf course. Yeah I'll make mistakes, but it's my attitude after the fact that helps me continue working hard. The challenge Mike faced was keeping the process simple enough while also developing a game that was unique to me. The insights helped me defined MY game, not Tiger's, not Mike's, but mine. And that is the great thing about this book.If you're struggling to stay ahead of the gadgets and other tools golf has now-a-days and want a personalized experience that's simple to pick up and see the results, read and buy this book.

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Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital

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