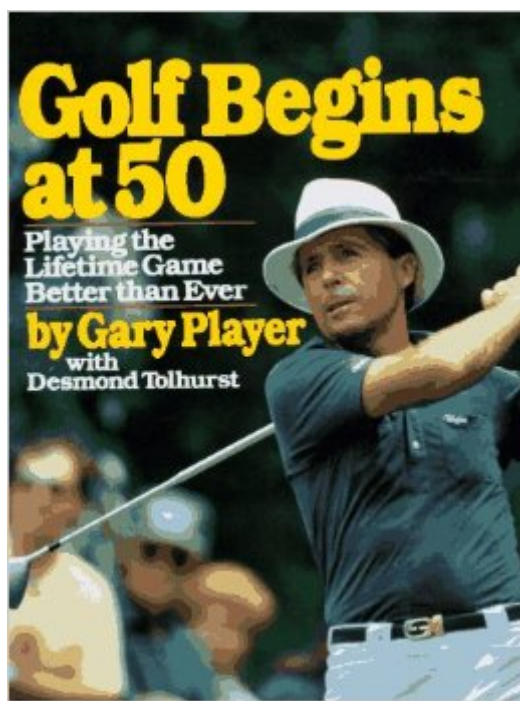


The book was found

Golf Begins At 50



Synopsis

Winner of 133 tournaments in twelve nations, Gary Player is one of only four men ever to have won all golf's major championships. He shows how he has adapted his game as he's gotten older, recommending techniques for senior golfers. 70 photos, 40 drawings.

Book Information

Paperback: 256 pages

Publisher: Simon & Schuster; 1st Fireside ed edition (June 15, 1989)

Language: English

ISBN-10: 0671683195

ISBN-13: 978-0671683191

Product Dimensions: 9.6 x 7.4 x 0.6 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #951,727 in Books (See Top 100 in Books) #73 inÂ Books > Sports & Outdoors > Coaching > Golf #1343 inÂ Books > Sports & Outdoors > Golf #8917 inÂ Books > Sports & Outdoors > Individual Sports

Customer Reviews

Gary Player's "Golf Begins at 50" was a timely book for me, as I came back to golf at age 51 after a 25-year break while I was doing other things (backpacking, canoeing, kayaking, etc.). This book includes instruction on all phases of the game. It isn't a beginner's book. Rather, it is for experienced golfers who want to continue playing well and improving after they reach the age where they aren't as strong and flexible as they used to be. Among other things, Player teaches you how to get extra distance by hitting a draw, and how to save your back with his so-called "walk through" swing. He also gives good advice about playing intelligently, and recommends exercises for physical fitness over 50. Player was one of the first pros to recognize the importance of physical fitness for good golf, and nowadays most pros and top amateurs agree with him. In my collection of about 30+ golf books, this is one of my 5 favorites. I recommend it for both men and women, and you don't have to wait until you are 50 to benefit from it. -- Bill from Bangor

I bought the VHS years ago. The book is like reading an old friend. Since no one today writes anything worth reading about us seniors and how we need to play golf, this is really the gold standard. Maybe Mr. Player will consider updating it a bit and reprinting it.

Gary Player WON 18 Majors in professional golf. 9 on the regular tour and 9 on the Champions tour
! .com is where I found this book. Interested and committed to physical fitness his whole career.
Great motivational book for those needing a little push. Carl Welty

The book is somewhat dated but the main information continues to be helpful. Basically, accept the physical limitations of age that you can't change and work on all the ones you can change.

This book addresses the 50 plus golfer. It shows how to adjust your swing as you age and lose power and flexibility. Plus it details all phases of the game. It is an excellent instruction book for any age golfer. There is a wealth of useful information about shotmaking and the swing. There is a useful section on fitness. There are many anecdotes about Gary's career. I will keep this as a valuable addition to my golf library!

I have conducted a quick review of the materials presented in the book and have been thoroughly impressed. I find the exercise programs outlined the most compelling part of the book.

I have not finished the book yet, but his ideas, thoughts, and suggestions are worthâ€‹ considering and practicing.

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