



Play Better Golf for Seniors

Mike Adams, T. J. Tomasi

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Specially designed for golfers over fifty, from the nation's premier golf school. From the powerhouse author team that created *Play Better Golf* and *Play Better Golf for Women* comes a comprehensive new book for the rapidly growing population of senior golfers across America. Mike Adams, known throughout the country as the "Swing Doctor," T. J. Tomasi, and Kathryn Maloney share simple, ingenious techniques for developing a swing that the senior golfer's changing body will allow. The dynamic "Senior Swing" compensates for lost strength and flexibility and allows players to "put time back into the hourglass." Throughout the book, beautiful full-color stop-action photo sequences teach proper technique and reveal the swing mechanics of the great stars of the senior tour, such as Nicklaus, Floyd, Irwin, Trevino, Stockton, and Player. Special sections discuss selecting proper equipment, dealing with joint pain and decreased vision, keeping fit as a senior golfer, and, most importantly, putting all those years of golfing experience to the best use, especially against younger opponents. *Play Better Golf for Seniors* shows the path to success on the course to readers of any age.

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