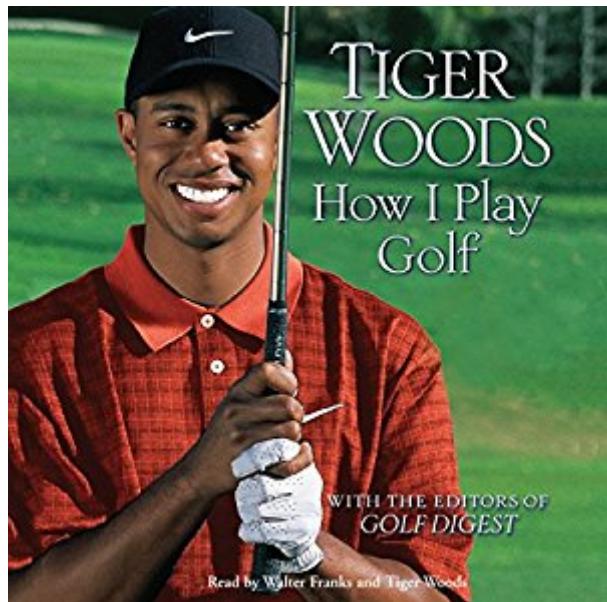


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# How I Play Golf



## Synopsis

Since turning pro after a short stint at Stanford University, no one athlete has dominated a sport as Tiger Woods has dominated the world of golf. But how does he do it? In *How I Play Golf*, Tiger talks about his drives, his putting, his chip shots, his mental approach to the game, and much more. This is a complete instructional on how Tiger plays the game of golf, with fabulous color photos, and slow-motion photography in the included bonus PDF. Tiger shares his thoughts on what he calls the game for a lifetime. He reveals the five secrets he believes are responsible for his success -- a combination of physical, metaphysical, and psychological practices he uses daily to keep his game in top shape and to help him to transcend all the ups and downs of golf. Not many can play golf as well as Tiger does, but at least we can hear how we can try to improve our game. This singular volume contains all the golf instruction that anyone would ever need.

## Book Information

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## Customer Reviews

If you are like me, your golf swing will never be confused with Mr. Tiger Woods' magnificent arcs. On the other hand, I enjoy watching him on television (even a lot of nongolfers do, too), and *How I Play Golf* is a very valuable, detailed look at how he eats, exercises, practices, prepares mentally, thinks through shots, sets up, and executes. I found this book to be the most revealing look at one golfer's game that it has ever been my pleasure to look at and read about. Even if I can never learn anything from his game, I will certainly watch his game with a more educated eye in the future! One of my major complaints about the photographs in most golf books is that the images do not illuminate what the text describes. These photographs are both well coordinated with the text,

and easy to evaluate from an amateur perspective. I especially enjoyed seeing the details of the different grips Mr. Woods uses. I got several ideas for experiments to try in order to cure faults in my swing with those grip examples. Another complaint about books by famous golfers is that they encourage too many people to emulate them. Mr. Woods makes it clear that this is how he plays golf, and why. In several places, he points out that his solutions will not be right for you. On the other hand, he plays with a lot of amateurs in pro-ams and studies with top teaching professionals. From those perspectives, he has a lot to say for the amateur, weekend golfer. A great strength of this book is that it shows you and describes each element of the game from many different perspectives. You often see very large color photographs, from different angles. In other places, the degree of grip pressure is explored in considerable detail, with useful calibrations to experience.

I am a low handicapper and can say that this book, while there weren't any epiphanies for me, confirmed for me a lot of the fundamentals and nuances to the game. I argue with my dad a lot about fundamentals and technique and I often turn back to this book to make my arguments. It is structured well, starting out with easy concepts (putting, chipping) and moving to the more difficult aspects of the full swing. The book also does not neglect the mental/conditioning aspects of the game, and specifically mentions fitness & stretching, one thing that very few weekend golfers do and it plagues their games and consistency. Pros:- Large color photos: too many golf books I've read try to explain the concepts almost solely in words and if you are not going to take lessons, seeing exactly what you should be doing in living color is the next best thing. - Well structured: Starts w/ the easy stuff like putting/chipping to give golfer a sense of accomplishment, then moves to meat of book w/ basic full swing and a few variants. - Time series: not many books I've seen have full-color, multiple angle time series and this book has several. Nothing beats videotaping yourself and comparing your swing to a pro at every point in your swing. - Didn't forget the basics: he could've filled the book with trick shots and sophisticated moves, but there are a ton of good, basic lessons and thoughts for every phase of the full swing (and other parts of game). He includes the basic lessons on shot shaping and course management as well. - Explains the "feel" well: a lot of golf is getting the feel of the right physics, and tiger explains some of the key 'feel' points like the initial weight shift on the downswing well.

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