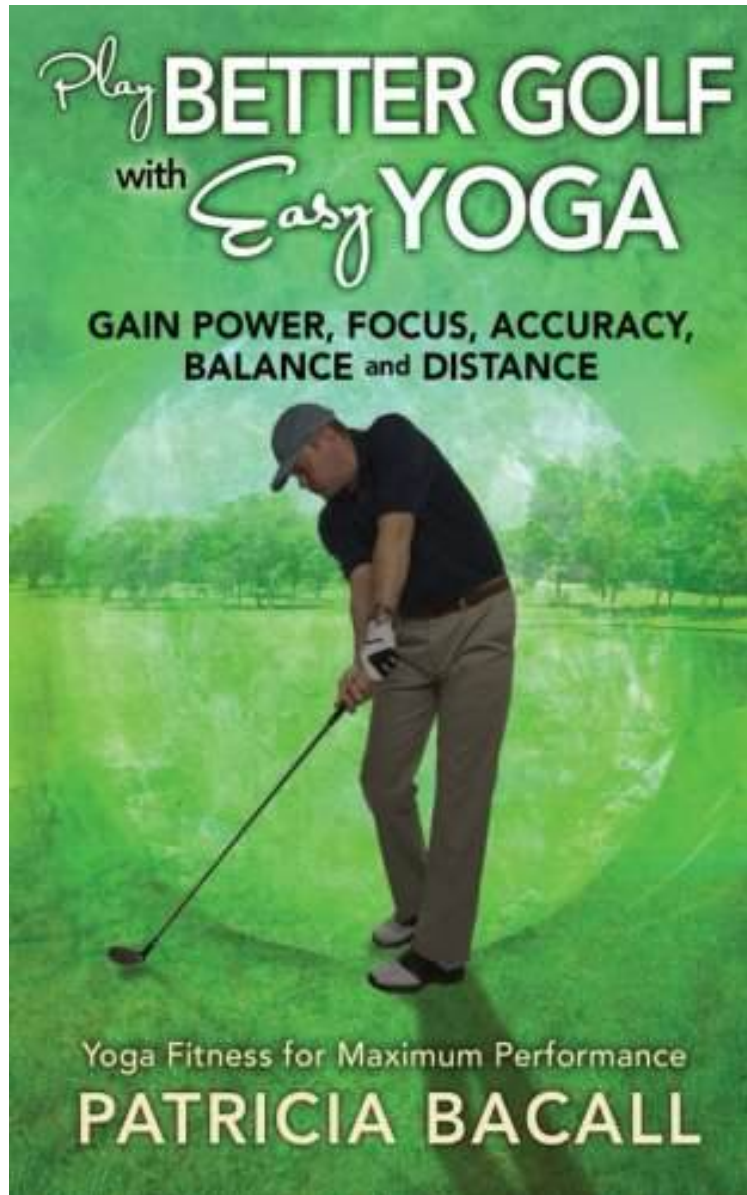


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5 of 5 review helpful Play better everything By Marc Olevin First of all let me say that I am NOT a golfer have never played golf ok once but nobody would really call what I did golfing and this book will not inspire me to play golf But I really did ENJOY THIS BOOK it could almost be subtitled Play better everything because altho it very specifically focuses on the game of golf the principles and foundation ce Powerful mdash Proven mdash Effective Discover the path to par with easy yoga bull Improve balance and body positioning bull Increase swing distance and accuracy bull Gain stamina and energy bull Calm the overactive ldquo critical rdquo mind bull Avoid golf related injuries to joints and spine bull Enjoy the game more hellip even from the rough Golf pros everywhere are using and recommending yoga to About the Author An internationally recognized authority in the field of personal growth Patricia Bacall teaches people how to live happier more fulfilling and creative lives Her classes and seminars attract people of all backgrounds and ages from all parts o

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