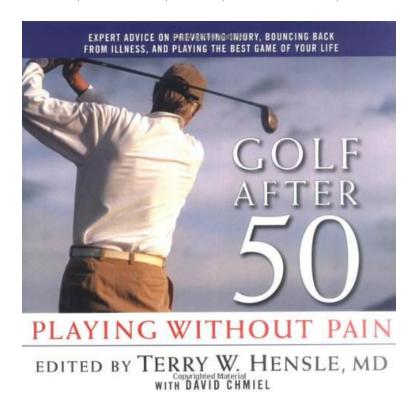
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3 of 3 review helpful Helpful Useful Book By ABA After hearing the author of this book interviewed on a syndicated XM radio talk show I decided to get the book for my 76 year old dad He is an avid golfer and like many golfers his age is seeing his game deteriorate simply due to his age This book covers strengthening and stretching exercises It covers nutrition issues When my dad received the book he immediately read Top medical specialists from all over the U S look at the most common ailments that affect one s golf game and explain how older players can overcome these health issues to play better pain free golf Of the 36 7 million golfers in the United States about 30 percent or 11 million are over the age of 50 Healthier more physically fit and more active than ever before men and women in this age group have an excellent opportunity to devote their post 50 About the Author TERRY W HENSLE MD the book s originator and editor is a professor of urology at the Columbia University Hospital of Physicians and Surgeons and has been the director of pediatric urology at the Children's Hospital of New York Presbyterian H

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