



The Healthy Golfer: Lower Your Score, Reduce Pain, Build Fitness, and Improve Your Game with Better Body Economy

Philip Maffetone

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Reach your full potential on the golf course by improving your mental and physical strengths.

All golfers want to improve their swing and, as a result, lower their score. But often, despite numerous golf instruction videos, lessons with pros, and time on the range, they are still far away from reaching their goals. Maybe that is because golfers are thinking about the process of improvement incorrectly? Maybe achieving a repeatable swing and staying calm under pressure is not all about time on the range or on the course, but the manner in which you care for your body and mind, as that is the foundation of a great golf game.

The goal of *The Healthy Golfer* is to provide you with information that will help engage all of your senses on the course so you can enjoy the game as much as possible for your entire life. Starting with your feet and concluding with a discussion of brain function, you will learn not only how to play better physically, but to excel at the game from a mental standpoint.

Topics covered in *The Healthy Golfer* include:

How the feet are the foundation for the swing

Correcting muscle imbalances (and not by stretching)

Improving mental focus on the course

And many more!

By focusing on critical aspects of human performance, such as diet, stress, muscle imbalance, the brain, and injuries, which are usually neglected areas of concern, *The Healthy Golfer* will teach you that it is impossible to reach your full potential on the course if you are not healthy in both body and mind.



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