



Balanced Golf: Harnessing the Simplicity, Focus, and Natural Motions of Martial Arts to Improve Your All-Around Game

Ted Kiegiel, Peter F. Stevens

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Like many athletes, golfers are always looking for new ways to improve their game. Now, in this innovative and revolutionary book, Ted Kiegiel shows golfers of all levels how turning to Eastern philosophy can shave points off their handicap. He thoroughly explains how to integrate the mechanical, physical principles of golf with the mental, philosophical aspects of Eastern-oriented thinking and lays out an instructional program that will put a player's golf game into balance.

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