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The Keys To The Effortless Golf Swing: Curing Your Hit Impulse In Seven Simple Lessons

**The Keys to the
Effortless Golf
Swing: Curing
Your Hit Impulse
in Seven Simple
Lessons**

Michael McTeigue



Synopsis

The biggest paradox in golf is that the harder you try to hit the ball, the worse you do so. In *The Keys to the Effortless Golf Swing*, Michael McTeigue offers you a simple system of sequential body movements that produces a true swinging motion with every club in the bag. The result is increased distance and greater accuracy for all sizes, shapes, and ages of golfers for a minimum investment in learning time. The clarity and simplicity of McTeigue's frill-free approach to the golf swing leads the listener to a new experience of power and effortlessness. He truly shows how to build a swing you can trust and keep for life. If you love golf but have never played to your potential, here is an audiobook that you will quickly come to treasure.

Book Information

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Customer Reviews

I started playing golf roughly two years ago. In that time, I've read countless books on the golf swing and swing dynamics to the point that I help my friends get better based on my understanding of the golf swing; however, as is typically the case, I can help others, but can't seem to help myself - until now. I picked up this book after another lackluster performance during a weekend outing in which I stopped on the 7th hole of a round of nine and left since I couldn't take my poor play anymore. The next day I bought this book and began the easy to understand drills immediately thinking what's the worse that could happen? I get a little better? Well, I can tell you I got a lot better - quickly. I went from barely being able to hit my 3 hybrid to hitting it 200 yards straight, off the ground. I assumed this was just one of those "good golf days" and that I would fall back into my old habits a couple of

days later. This couldn't be further from the truth! I'm not only hitting it better and further than ever, but I'm finally able to stop thinking about hitting the ball and focusing on the game which makes it so enjoyable. If you're a weekend golfer like me and are willing to follow the instructions in this book, you will improve quickly and with little effort. I feel like I'm swinging about half as far back as I used to, yet I hit the ball further, higher and straighter than ever before.

This is my first book review. I have written this review because this book has helped me hit the ball further, straighter, and more consistently than any other book I have read, and I have read all the most popular books. I am also confident that this book will help you whether you are a beginner or a seasoned player like me. I am 64 years old and have been playing for 52 years and I currently have 5.9 index handicap. All great golf books explain that a good golf swing starts with a one piece takeaway using body, shoulders, and arms together, the arms come up, and the downswing begins with the lower body shifting the weight to the target leg and turn through to the finish. But they really don't explain the steps to produce this type of swing as well as Michael McTeigue does. If you follow the keys to the Effortless Golf Swing Michael lays out, and in the sequence of body motions, and the drills he asks you to practice, you will hit the ball better! Read the whole book. It is a quick read. Don't skip any of the drills like the Lighthouse turn which may seem like a beginners drill. It isn't! It gives you the "feelings" of how the windup/coil should feel and how the shifting of weight should feel. These feelings and motions are building blocks to the swing itself. So don't skip it! I learn by feel and visually. So if you learn like me, I suggest you also purchase Michael's "The Keys to the Effortless Golf Swing - in Eight Easy Lessons." Using the two together will accelerate your learning. I enjoy playing with all types of golfers with different skill levels, and when anyone asks me about my swing, I never hesitate to suggest they buy this book if they want to understand what you are supposed to do in the swing and how to do it. I hope this review helps, and I wish you well on your journey in becoming a better golfer!

This is just a great book. However, you should search for McTeigue's blog to view the six articles he wrote for Golf Magazine that give his latest views on the golf swing. Two things come to mind that were changed: there is no need to raise the left heel off the ground on the backswing and that the shoulder turn is not level on the downswing - instead the right shoulder goes down. Basically everything else remains as written.

Best golf book ever. This is the first and only golf book I've ever read (and I've read more than a dozen) that actually breaks down the golf swing into simple repeatable parts that you can build on to execute a proper swing. Every other book and teacher AND video talks about one part of the swing without regard to what you are doing with the rest of your swing. So you fix and fix and fix and you get little improvement. This book starts with the core body motion and adds the arms last so you can finally experience what it feels like to actually "swing" the club and not "hit" at the ball. In just 10 days I was able to apply the lessons and beat my best score by 6 strokes. My swing feels effortless for the first time ever.

The swing that is described in this book probably won't get you the most distance possible, but I have found (after several rounds) that it has given me much better consistency. Another point about this book is that the author isn't very technical, and doesn't delineate every single movement that he instructs down to the last inch or degree. Nonetheless, I have found his descriptions to be spot on in terms of the positions that I believe he is trying to get to. Finally, I would say that this is a book that's good for someone looking to improve but without a lot of time to spend trying to get to the "perfect" swing. The positions are easy to master, and the results are quite good - if you're looking to keep your ball in the fairway off the tee and on the green with your approach. They won't make you the longest hitter in your group, but it will help your scorecard.

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