



## The Golf Swing: It's easier than you think

*Chris Riddoch*

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**The Golf Swing: It's easier than you think** Chris Riddoch

*'I'm impressed ... I can't wait to put the theory to the test.... A very readable exercise for the golfer who wants to understand the basics of the swing and how to put them to work.... I totally recommend this book to all golfers.'* Golf Today, November 2012

*'Simply, this is one of the best golf books written in recent years. Highly recommended...'* Dan Parks, Editor in Chief, Journal of Applied Golf Research

*The Golf Swing* answers that eternal question: why is it so frustratingly difficult? And the answer is - because we make it difficult. This book explains the problem - the 'swing theory quagmire' that confuses and perplexes us. It goes on to outline the solution: a simple, effective, and enjoyable way to improve.

Using a scientific review of more than 200 research articles, author Chris Riddoch explains how dissecting the swing into a complicated sequence of angles and positions actually prevents improvement by stifling our powerful, innate skill-learning mechanisms. The way to a better golf swing is to liberate these mechanisms - which thrive on **simplicity**.

*The Golf Swing* adopts a modern, scientific approach, by combining two sciences: golf swing mechanics and human skill learning. The analysis goes well beyond simply describing a good swing - it explains how to get one.

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