



# Building and Improving Your Golf Mind, Golf Body, Golf Swing

*Michael Hebron*

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# Building and Improving Your Golf Mind, Golf Body, Golf Swing

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## **Building and Improving Your Golf Mind, Golf Body, Golf Swing** Michael Hebron

The quintessential manual for golf instructors, coaches and curious minds of any sport. This manual, filled with powerful photos and drawings, is a must for any serious golfer's bookshelf. Each of the 3 sections is a manual in and of itself. Hebron shares a lifetime of extensive research on the sports mind and body, then relates the information to the golf swing. By understanding the roll of each moving and thinking part in a motor skill, readers are placed in a position to build a golf swing (or any motor skill) that is controlled, repeatable and permanently learned. Hebron, who holds one of the first PGA Master Professional designations for golf instruction, has been recognized for his achievements through such prestigious awards as The Horton Smith Trophy, PGA Teacher of the Year, Golf Magazine's Top 50 Instructors in America and voted by his peers as one of the Top 5 Instructors in America according to Golf Digest. 420 pages (8 1/2" X 11")

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