

<<The Complete Golfer'>>

图书基本信息

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内容概要

With three Masters jackets in the closet and PGA, British, and U.S. Open trophies on the shelf, Gary Player, among golf's most genial and authoritative personalities, has a record that speaks for itself and a contagious respect for the game. All of that is on display in *The Complete Golfer's Handbook*, which is really less a handbook than a comprehensive introduction to golf--and it's attractive enough to leave on the coffee table.

First published in Britain in 1999, the Handbook is a lushly illustrated and informative guide to golf's essentials--its history, rules, equipment, etiquette, strategies, and various forms of competition, along with some insight, given Player's second career as a course designer, into what makes a fair and challenging golf course. Good stuff, to be sure, and there's not a player anywhere, regardless of handicap, who won't pick up a nugget or two. But Player is Player; on the links he always played to his strengths, which he built through physical and mental preparation second to no one's. The Handbook offers Player himself demonstrating his quintessential warm-up system, practice drills and games, and conditioning exercises--all the routines a savvy golfer should partake in before ambling to the first tee. Following Player's physical fitness methods won't bring you a green jacket, but will certainly improve your game, outlook, flexibility, and endurance. Of course, if by some fluke you do manage to win the Masters, Player will have you so fit when you try the jacket on for size that you'll actually be able to button it. --Jeff Silverman --This text refers to an out of print or unavailable edition of this title.

Just another golf instructional, packaged under a famous pro's name but written by others? Not quite. It's likely the actual writing here was done by coauthors Chris Wales and Duncan Cruickshank, but golfing legend Player's presence is felt as well, especially in the clever practice tips and the excellent section on exercises for golfers (Player was the first professional committed to a training regimen). The book also boasts outstanding graphic design and use of four-color illustrations, again separating it from garden-variety instructionals. The text functions as an overall introduction to the game, covering etiquette, equipment, course design, and strategy, in addition to how to swing the club. The material is introductory only, but even experienced golfers will enjoy the graphics and profit from reviewing the concise, clearly presented swing advice. A solid overview for all golf collections. Bill Ott
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