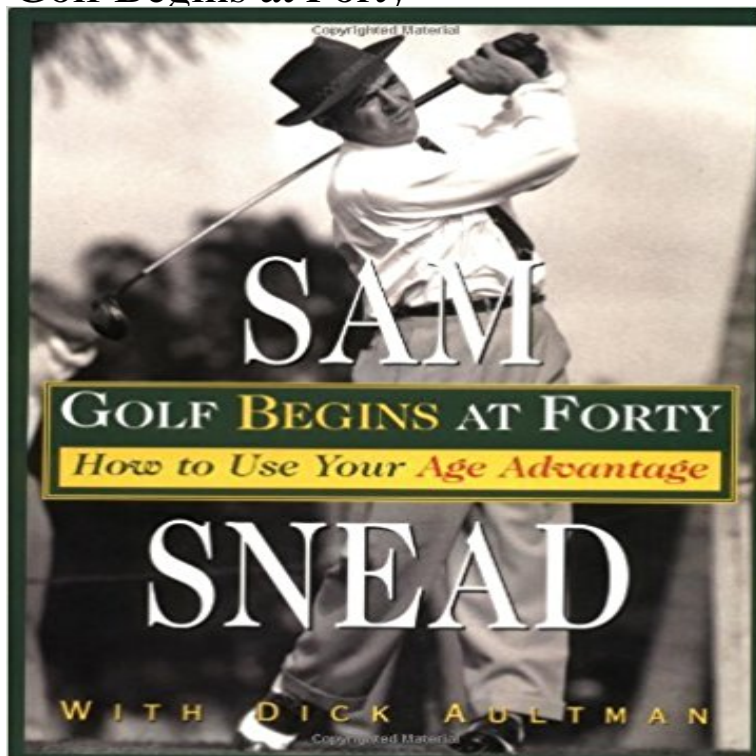


## Golf Begins at Forty



A new edition of a classic, still considered one of the best books ever written for the older golfer looking to improve his or her game Sam Snead is one of the most remarkable athletes of this or any other era, a man whose skills and competitive instincts seem to be immune to the ravages of time. He is the perfect individual to explain how older golfers can get the most from their game. In *Golf Begins At Forty*, Snead advocates improving the strengths one already has, rather than trying to make radical changes in swing or overall technique. Using stories from his career to emphasize his points, Snead picks out specific problem areas (such as tension, attitude, loss of distance, reduced flexibility, and fatigue) that are affected by age, and demonstrates how to deal with them, providing new approaches for experienced players who think they have nothing more to learn. It is never too early to start developing certain swing habits and certain attitudes toward the game that will offset the problems to come, and it's much easier to start to adjust at forty-five than it is at fifty-five. This book offers simple and straightforward cures, but it also tells the older player how to better utilize those advantages he or she may have over the younger golfer, such as additional experience and, perhaps, additional time to play and practice. Each chapter begins with a wise and insightful anecdote from Snead's long career, which makes it not only more fun to read, but also easier to understand and remember. The text is complemented throughout with drawings by one of the world's leading golf illustrators, James McQueen.

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