



How to Drop Five Strokes Without Having One: Finding More Enjoyment in Senior Golf

John D. Drake

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Ten years ago I could easily have cleared that pond "I'm okay until about the fourteenth hole; then I can feel myself getting tired" "I've had to shorten my backswing; otherwise, my old back will keep me up all night" Sound familiar? As much as we may hate to admit it, at sixty-plus we're different from younger golfers both physically and mentally. While this isn't necessarily bad, it does impact how we play. In *How to Drop Five Strokes without Having One*, author Dr. John D. Drake explains how awareness of these changes can allow us to adapt; we can still lower our scores and get more fun from our favorite pastime. Drake offers specific techniques and strategies geared toward seniors that can be readily adapted to every facet of your golf game-tee box, fairway, bunker, and green. *How to Drop Five Strokes without Having One* provides not only easy-to-apply suggestions for lower golf scores, but also tips on how to reduce anxiety and tension. With photos included, *How to Drop Five Strokes without Having One* helps solve the unique problems encountered by aging golfers and helps you lower your handicap while enjoying the game.

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