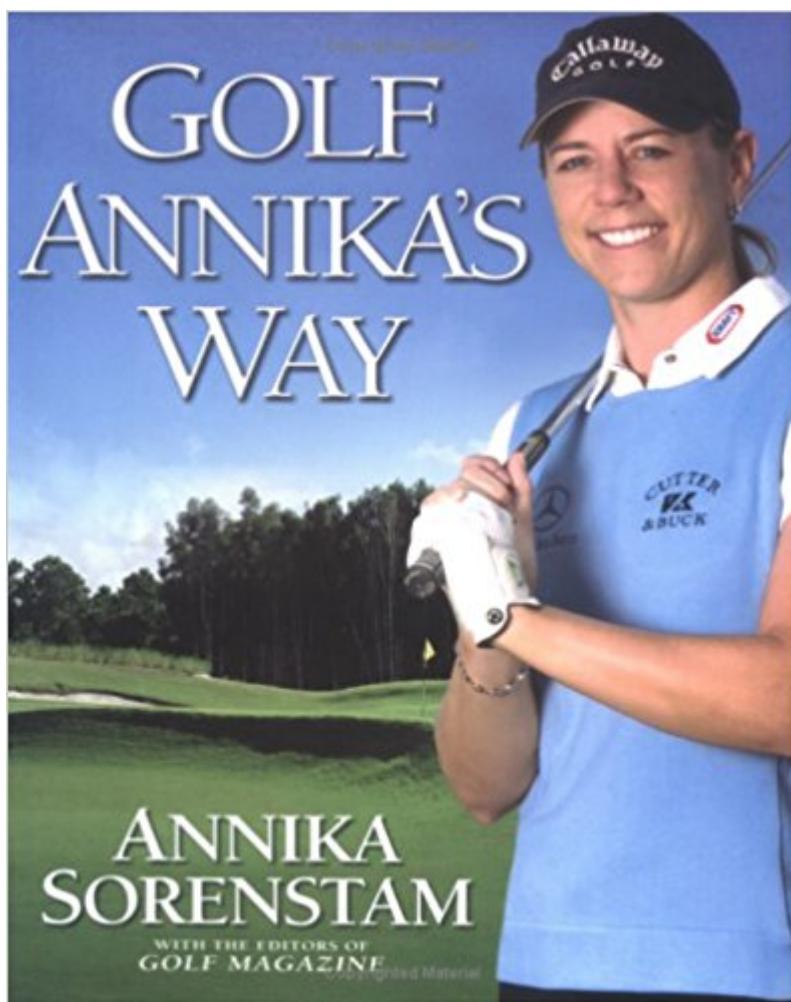


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# Golf Annika's Way: How I Elevated My Game To Be The Best-- And How You Can Too



## Synopsis

Annika Sorenstam is the world's greatest woman golfer; a dominant force in the game who has already captured a career Grand Slam and become the all-time LPGA money leader. Her rigorous mental and physical dedication has changed the face of her sport, and her fierce determination and unparalleled preparation have won her tournaments and fans the world over. In 2003, she made international headlines by becoming the first woman in more than fifty years to play against men in a professional event, bringing her trademark game and competitiveness to a whole new level. Now for the first time Annika takes you inside her extraordinary success and shows every golfer how to play and win like a pro. She breaks down the fundamentals of her game and shares her winning course strategies in one complete, easy-to-follow instruction book. *Golf Annika's Way* features: • All you need to know about how to use every club in the bag, from fairway woods to short irons to the putter • The secrets of the power behind her potent swing, from the essentials of grip and posture to her unconventional form on the follow-through • Hundreds of full-color photos, including high-speed shots that capture the elements of Annika's powerful swing frame-by-frame in a foldout spread • An insider look at the unique weight training and dietary regimen Annika has developed for building a stronger physique; and a longer drive Filled with insights and stories from throughout her colorful career, *Golf Annika's Way* gives you priceless advice from a champion's perspective. It's a must-have for Annika's millions of fans; and men and women golfers of all ages and skill levels who want to lower their scores on the course and bring their game to the next level.

## Book Information

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## Customer Reviews

Its title echoing the enduring how-to guide *Golf My Way* by Jack Nicklaus (1974), this instructional from Sorenstam is technically orthodox. Perhaps its prime attraction, besides the author's fame and telegenic smile, will be Sorenstam's allusions to deficiencies in her swing that she remedied en route to becoming professional golf's top female player of the past decade. She reports that in early days on tour she was unable to drive the ball far, three-putted too often, and was nervous about bunker shots. Her solutions to these common problems were to delay the uncocking of the wrists on the downswing; putt to the high side of the cup; and in the bunker, assess the lie and set up correctly--all standard-issue counsel. But if it works for Annika, why not for me, thinks the ever-optimistic weekend player, and Sorenstam's I'm-like-you attitude infuses an entirely friendly and comprehensible presentation of how to play golf. Photographic presentations of Sorenstam practicing exercising combine with asides about her personal life to create a popular golf book--guaranteed. Gilbert TaylorCopyright © American Library Association. All rights reserved

"She's the best. She's the epitome of integrity and class. She's truly great." Arnold Palmer "She has dominated the world of women's golf. It's not often you can say you have seen the best, but in Annika, I think perhaps we have." Tiger Woods "I've never seen a player with such focus and concentration. She's a real whiz." Louise Suggs "She simply has that air, not of cockiness, but of knowing that you can do it; and just going out and doing it." Jack Nicklaus "A human golf machine. Ahead of anyone in the game; male or female." Johnny Miller

This book was absolutely amazing! It is extremely helpful with all parts of the game and the golf swing technique. I got this book as a gift and it was perfect because if you want the best advice, why not get it from the best.... Annika. Annika keeps it very informative and educational, yet simple, and yet very easy to follow and effective. It has already helped me improve just in a few weeks I have seen a big difference. In addition it was really fun to read about Annika and her golf and life experiences and her mental approach to the game. She was such a great player and extremely driven and focused and willing to sacrifice and worked her rear end off to be her best. But she also seems like such a great person. Just a very nice, fun, laid back, down to earth, good sense of humor type of person. Really enjoyed this book!

Came in on time, looked like it was brand new. I gave it as a gift to a girl named annika who plays golf and she loved it.

I feel this is excellent book really gives u idea how to work on ur game

This is an excellent golf lesson book and I love it. It is also Annika Sorenstam's short autobiography. It introduced how she played golf and why she won LPGA tournaments so many times to golf beginners and experienced golfers as well. Compared with Jack Nicklaus's or Tom Watson's lesson books, this book is at least "par" and maybe "birdie". Her explanations about how to swing and how to handle all golf clubs are natural and pleasant. They are valuable, too. I am a man, and her lessons transcend gender. I learned from her something that I didn't learn from male golfers in the same way as she said that she learned a lot from male golfers. This Swedish woman is a true achiever and can become your good friend. Buy this book and keep it near you. It will improve your golf game, I guarantee.

Positive, well illustrated book. A lot of excellent info. I checked it out at the local library, but we refer to it so much that I bought it on . Originally checked it out for my daughter, but I read it, too. Golf isn't a separate men or women specific sport. Annika has instruction, drills and tips that wil help anyone. There is a little autobiography in the beginning of the book. My daughter, who knew very little about Annika before, has become a fan after reading her story. This section lends credibility to her teachings from my young daughters viewpoint. I have a huge library of golf literature and dvd instruction, and this book is one of my top three favorites. Annika is one of the best golfers of all time, but she is humble and practical in her teaching apporoach.

I was looking for god golf instruction and this is more of a biography. The instructional parts are pretty basic.

Excellent book from the best female golfer in the world!

There are some great golf tips in this book depending on your goals.

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