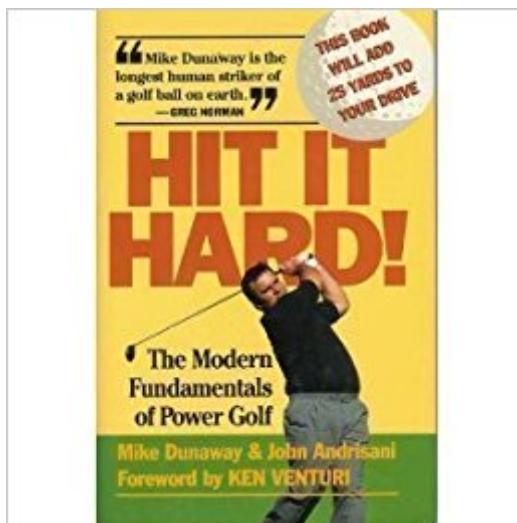


The book was found

Hit It Hard! The Modern Fundamentals Of Power Golf



Synopsis

The "longest human striker of a golf ball on earth" dissects the fundamentals of his record-breaking swing to help readers add at least thirty yards to their golf drive.

Book Information

Hardcover: 192 pages

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Average Customer Review: 3.4 out of 5 stars 10 customer reviews

Best Sellers Rank: #105,955 in Books (See Top 100 in Books) #105 in Books > Sports & Outdoors > Golf #705 in Books > Sports & Outdoors > Individual Sports

Customer Reviews

This work provides a clear blueprint for increasing power and accuracy in ball-striking. As you start incorporating the mechanics covered in the book, you will find that your swing becomes much more free-flowing. The drills are very useful in effecting the changes sought. I've been using the techniques for two months and seen consistent gains in distance with every club, but most importantly I have much more accuracy. Playing consistently from the fairway is a lot of fun and it has lowered my score by 4 strokes so far. Dunaway also covers mental aspects of the game useful during a practice round or competition. Most other long ball instruction focuses on getting the club head moving faster. This work focuses on specific body actions (e.g. the action of the right hip in the downswing) which result in a faster club head without having to think about speed. I am surprised Dunaway is not more well-known.

What Mike Dunaway gives you is pure gold. I have read numerous books and watched more videos than I can remember. Dunaway presents a system that works. Don't worry about hitting hard or far, that will happen on its own if you work at what Dunaway presents. Ideally you should combine this with his video, "World's Best Driver." To get even more you should also get the video he did with Mike Austin, "515 Yards", but that video is a bit pricey. Each of these items is extremely helpful, but put together they give you all you will ever need for a truly great golf swing if you are willing to put

some work into it.

I've seen lots of long drivers live, including Mike Dunaway, & he is unique. His swing is effortless & balanced, yet the golf ball looks like it was shot out of a cannon. His book & videos are easy to learn. They've helped my game considerably. I'm no longer hurting or exhausted when I finish a round of golf, because I don't have to swing hard to hit the ball far & straight. I'd highly recommend this book.

Bought on recommendation by pro golfer. Very good fundamental instruction on how to build club head speed and hitting on the screws

A good book on the Mike Austin method of golf. Learn from one the America's best long drive champions. Seller did a good job would recommend them and buy from them in the future.

Happy with the purchase.

Does not go into the 'feels' and swing adjustments necessary to duplicate the authors ideas.

I have been playing golf for nearly 40 years and have read every conceivable golf book. This one is by far the best instructional method for pounding a golf ball consistently and accurately. Mike Dunaway truly understands the golf swing. Throw out everything you have ever learned or tried to learn and read this book-it will convince you that there is only one way to hit the ball hard and it is all contained in this book.

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