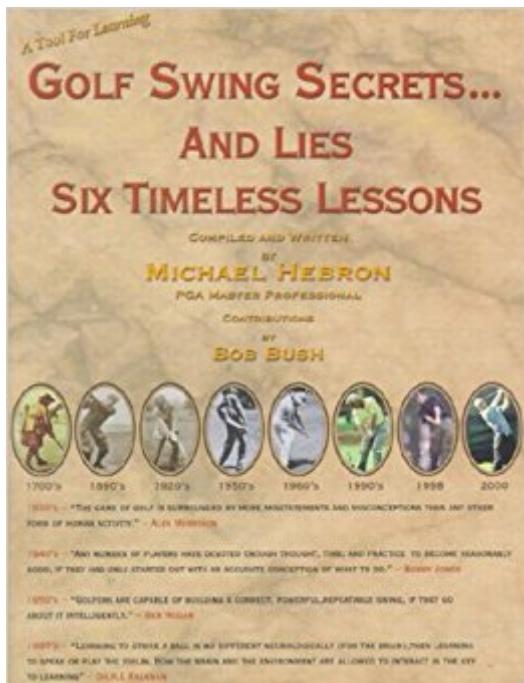


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# Golf Swing Secrets... And Lies: Six Timeless Lessons



## Synopsis

small tear on bottom left jacket cover, otherwise like new

## Book Information

Hardcover: 344 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #790,634 in Books (See Top 100 in Books) #57 in Books > Sports & Outdoors > Coaching > Golf #1117 in Books > Sports & Outdoors > Golf #7511 in Books > Sports & Outdoors > Individual Sports

## Customer Reviews

Mike Hebrons book truly gives you the secrets of a good golf swing. It is based only on the fundamental physics of the body and the design of the golf club. He makes it simple to understand and shows you through wonderful pictures that the golf swing has not changed since the begining of the game. Kudos to you Mr. Hebron and thank you for all the materials you have written.

This is a very long book. It is often repetitive. But other than that it provides a wealth of information and a unique approach to learning the golf swing. However, it does not present a specific swing model. Rather than that it points out the ideas and moves that are consistent in any effective golf swing. The basic ideas presented are important and not often seen in other material. The pictures are excellent and presented in large number. The summary of material from The Golfing Machine, for example, is clear and very helpful. I do not think I could say the same thing about The Golfing Machine itself. The book is wordy but it is worth your time to take it a little at a time -- all the way to the "extra" material at the end of the book.

Golf Mind, Golf Body, Golf Swing is really three books in one. First, in Golf Mind, Mike writes about the learning process and how the brain and body work together. In the second section, Mike breaks down body motion. He details everything, from diet to diagrams of muscle groups. The third section,

Golf Swing, provides a comprehensive, in depth look at the golf swing and how to build it in stages. The book totals over 450 pages and provides more information than any one golfer could ever use. This book is targeted to the professional and/or student of the swing--it is not light reading. As a fellow Golf Professional, I have observed Mike teach both groups of Professionals and on the lesson tee with amateurs. He is one of a kind, he is a true "swing guru". In this book he shares his complete knowledge of the swing, and how to perfect it. Frank M. Shaw, Head Instructor, John Jacobs' Golf School, Las Vegas

Out of 70+ golf instructional books I own this is hands down the premier selection. Clear, detailed and innovative it is a godsend for the dedicated golfer. This is the book I wish I had six years ago - Hebron cuts to the core yet illuminates so many subtleties. Hallelujah, there is light in the golfers tunnel! P.S. If you've beat your head against the wall with Homer Kelly, Hebron's communication skills will be especially appreciated.

This is my personal favorite from Michael. I have read many of his other books, but this is the one that sits on my coffee table. I enjoy picking it up, treating as a reference book, and just rereading sections. As a golf professional, I have been exposed to numerous books and seminars, I don't think anyone does it better than Michael.

If you like looking at page after page of really old bad photos of golf swings then buy this book. Very repetitive text. Not many good golf instructors are also good writers. That's why you see another authors name next to theirs on the book. Hebron probably gives good golf lessons but he did not get any help from his co-author.

I am a 14 hcp. I bought this book because I was pretty lost in my golf swing. I was slicing, and had changed my swing four times over the past two years to try to get a powerful draw. Some things I read and saw worked for a bit, others didn't. Nothing lasted for long. I knew of Mike Hebron for years and always meant to take a lesson from him. (I haven't taken many golf pro lessons, but I really needed help.) So I got the book before I signed up to take a lesson from Mike, and seemed to find some interesting cues that might perhaps help me improve my swing. Turns out, in a few minutes Mike changed the focus of the lesson from learning to DO things during the swing, to simply letting my swing flow naturally. Sound odd? It was at first, but using nice smooth tempo revealed nice draws, nice shots, and pleasant conversations about golf and learning. I am going back again next

week. Maybe after years of frustration with (mis)hitting the ball I might be able to get on a better track, to play better golf. I am hopeful, we will see!

Of the 30+ instructional books I own, this is the best and most comprehensive. It covers a tremendous amount of material - with good scientific grounding - at the right level of detail (not too technical, not too simple). Everything from the "what to learn" you expect, to "how to learn" as well. Before you pick up anything by Tiger, Leadbetter, Flick, et al, try this first.

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