

# Golf Swing Help With A Different Approach

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## **Sample of Content:**

Golf swing help is a thought in most amateur golfers minds on a daily basis. The never-ending search for a quick fix to your golf swing. I receive emails every day reading how golfers have tried "everything" and still haven't improved. They have reached a state of desperation in their golf game.

## **Content:**

Golf swing help is a thought in most amateur golfers minds on a daily basis. The never-ending search for a quick fix to your golf swing. I receive emails every day reading how golfers have tried "everything" and still haven't improved. They have reached a state of desperation in their golf game.

Does this sound like you?

Unless you have 8 hours a day to work on your golf swing like the pros have, you will not be able to achieve that ultimate goal of consistent performance. The golf swing technique of today has become so complicated, that golfers are "paralyzed by over-analysis".

I've heard some great analogies lately!

How about walking? Would we think of every biomechanical movement in every joint of our body when we walk? I don't think so. If that happened, we'd have a lot of frustrated, immobile people out there.

The same thing holds true with golf. Having a basic understanding of how to hit the ball to your chosen target is critical, but after that, you shouldn't have to think of 30 different things to swing the club to make this happen.

The end goal in golf is to get your ball to a target as accurately as you can, and then get it in the hole. With that being said, why are so many golfers not improving? The answer and solution are quite easy.

It's what I say more than a dozen times every day to golfers. "It's your body that swings the club, not the other way around".

Your swing is only as good as your current "physical" capabilities. Don't you think that makes sense? I mean "if your body is tight (inflexible), do you think you'll be able to make a nice full backswing with minimal tension? No way! That's a physical impossibility.

The ONLY way to be able to achieve optimal swing mechanics with minimal effort is to improve your body's ability to reach these physical points in the golf swing consistently. Whether it's a 90 degree shoulder turn, or hips slightly open with your head stationary behind the ball at impact.

It makes total sense to break down the swing fault you are currently dealing with and look at the physical requirement needed from your body. The more involved I get with improving golf performance, the more interested I'm getting in the biomechanics of the golf swing and how to improve them with the physical approach (both strength and flexibility).

I've seen dramatic results from members of my websites and customers of my golf improvement products, which tells me this is the way to improve your golf swing the quickest. I've had golfers literally tell me they wish they would have taken this approach 20 years ago!

Why not end the frustration once and for all and take a look at the "source" of your swing fault?

With this approach, the last thing on your mind will be golf swing help.

About The Author: Mike Pedersen is one of the top golf performance experts in the country. He is Golf Magazines golf performance expert author, and founder of several cutting-edge online golf performance membership sites. Take a look at his just released golf dvds and manual at his [golf swing help](#) site - Perform Better Golf.

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