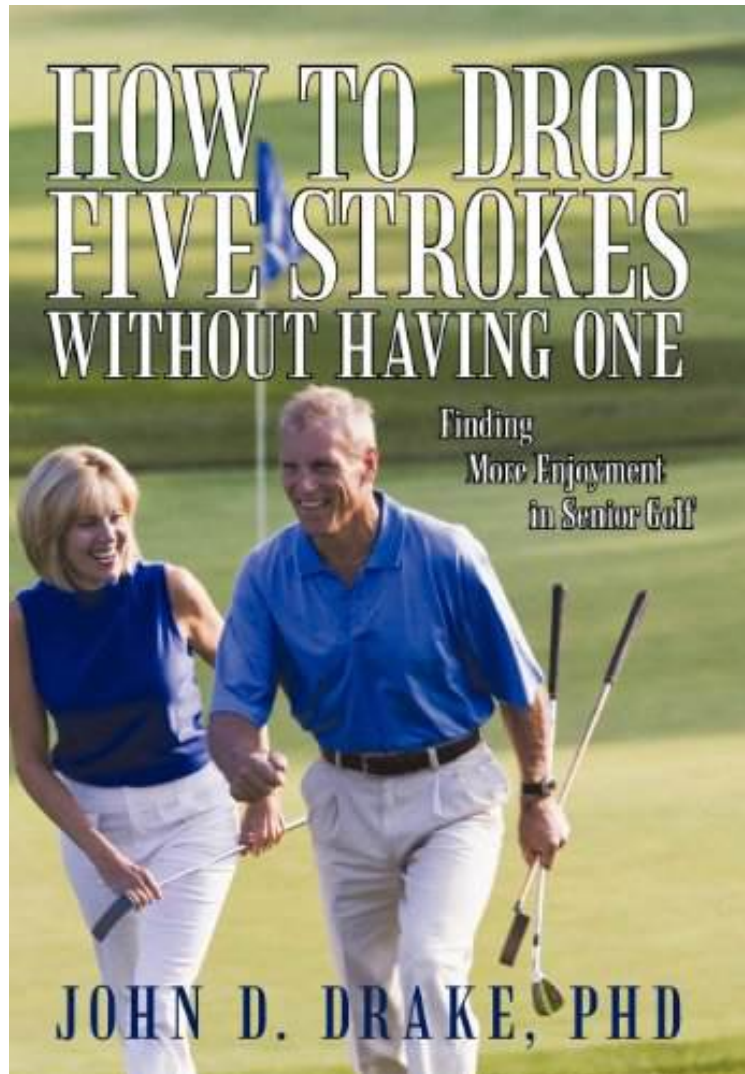


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## How to Drop Five Strokes without Having One: Finding More Enjoyment in Senior Golf

*By John D. Drake PhD*

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1 of 1 review helpful Perceptive By Taffy John Drake is very perceptive about our aging bodies and how that influences our golf game His suggestions are cogent and very helpful to the senior golfer 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 About the Author John D Drake PhD is an experienced senior golfer and psychologist At eighty he dropped his handicap seven strokes He has written seven books including Downshifting Drake was founder and CEO of the human resources firm Drake Beam and Asso

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