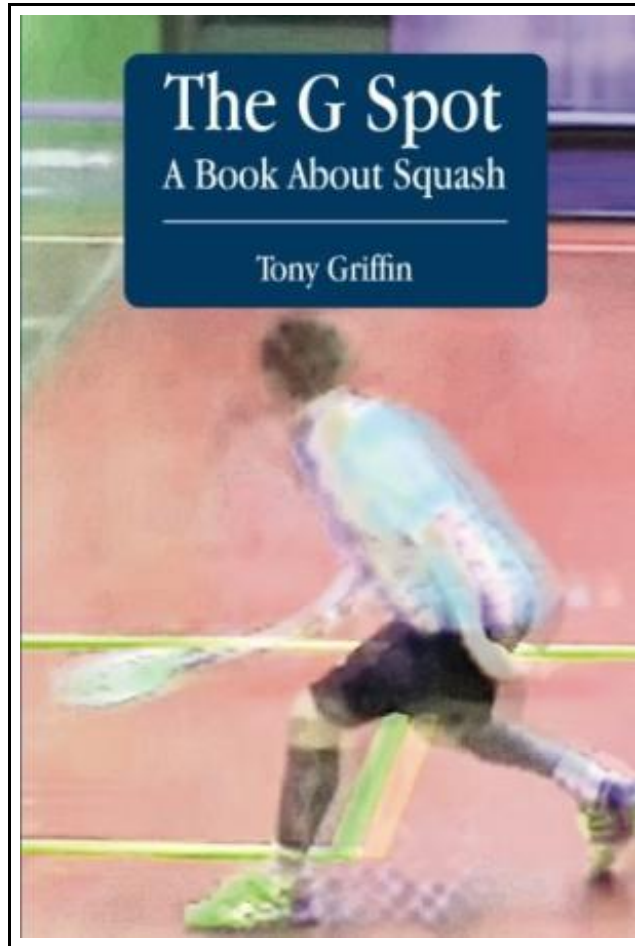


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THE G SPOT, A BOOK ABOUT SQUASH (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. Caitriona O Leary (illustrator). 229 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****. Tony Griffin takes us with him on a personal journey of enquiry into key squash ideas. These he explains, follow from his concept of the G-Spot. He takes a fresh look at familiar topics and investigates what factors affect the optimal hitting experience. The question Tony poses is, how to make this both natural and effective? His ideas, experiences and influences come together into an important work which will challenge inquisitive players and thoughtful coaches to rethink some familiar concepts. While the G-spot is all pervasive in many of the discussions, Tony also throws in advice and innovative methods on such things as how to maximise the chances of lucky back corner nicks and the elimination of free shots. An interesting journey, challenging analysis and entertaining anecdotes make it a timely addition to squash instructional writing. Ian McKenzie Editor The Squash Player magazine This a great book for all levels . Nice anecdotes and a good technical focus with lots of insights . A good read with a different twist from other squash books Liz Irving Former World n 2 and coach of 7 times World Champion Nicol David What a fantastic resource for coaches and players alike. This comprehensive guide is a must for those who wishing to give squash enthusiasts the fundamentals of the game. Like anything mastering techniques and having a good understanding of all the facets of playing squash will not only improve your game but give you so much more enjoyment . I commend Tony on his ability to bring this all together. Dame Susan Devoy Winner of 8 British Open and 4 World Open Titles Writing a...



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