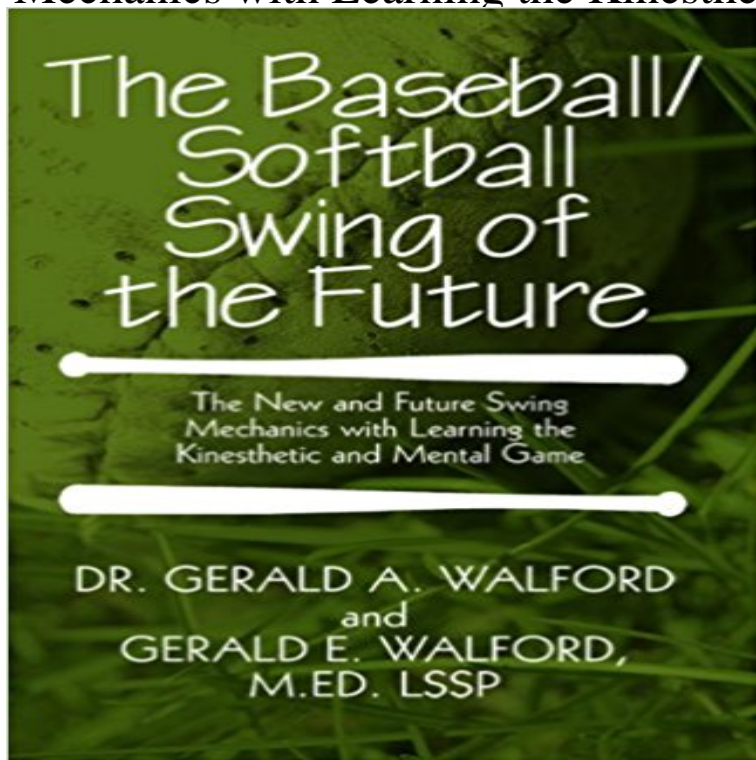


The Baseball/Softball Swing of the Future: The New and Future Swing Mechanics with Learning the Kinesthetic and Mental Game



This book is about a small but major change in the swinging of a bat. Other striking sports like tennis, golf, and hockey have been researched for this book. This new swing will give better and more consistent bat and ball contact with no loss of bat speed. Learning through the kinesthetic sense (feel) is also covered as a means to acquiring better sense of feel and timing in the game. Of course, the mental game is helpful to all sports.

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