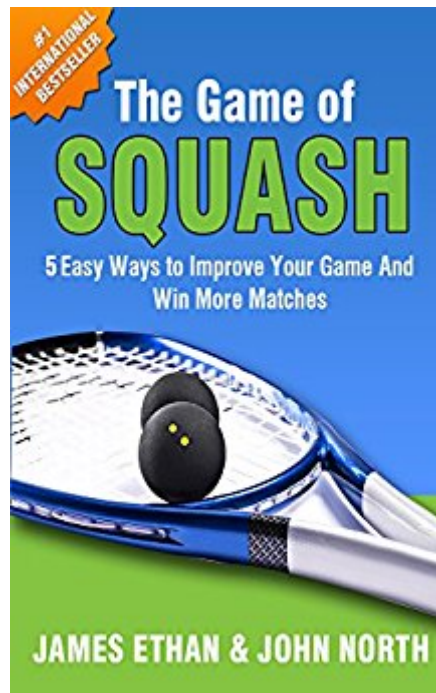


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# The Game Of Squash: 5 Easy Ways To Improve Your Game And Win More Matches



## Synopsis

The Game of Squash Book is written to help beginners to advanced players get more out of their game and find ways to win more matches. We believe squash can become very addictive but what a wonderful addiction! Most players strive to improve, but the lack of discipline or knowledge can hold you back. The Game of Squash is designed to give you an easy resource for all things squash. Here are just some of the topics we cover:Â Who can play squash â “ a description of the game and what you can expect to get out of itÂ A basic understanding of the rulesÂ How to choose the best squash racket for youÂ Tips and tricks for improving your gameÂ Nutrition ideas to improve your health and energy levelsÂ The importance of injury preventionâ and a whole lot more! If youâ™ve ever felt even mildly interested in playing, this is the resource for you. It will tell you absolutely everything you need to know, and hopefully encourage you to make squash a valuable part of your life. And for those of you who are seasoned players, hereâ™s a positive goldmine of secrets to help you take your game to the next level. Order your copy now!

## Book Information

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## Customer Reviews

Full of great tips, strategy and encouragement. Even recipes to help you with the right type of nutrition for play squash. While it was fun to just get out there on the court, there was always a competitive streak lurking, wanting me to be able to play a better game. At the time there weren't many resources around - or mentors to give you the time. Really good detail in 'Steps to Improvement', 'Game Strategy and 'Shot Making' that's easy to read and take on board and apply to your game. Added value is the diversity of information provided by the co-authors which I think adds to the usefulness of the book. From nutrition to advanced squash training right through to a glimpse into what it takes to become a World Squash Player. Time to Google where the nearest squash court is and have a re-read!

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