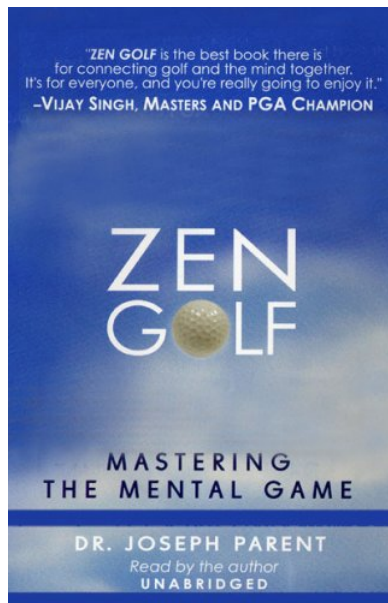


[Download] Zen Golf: Mastering the Mental Game



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In this ground-breaking approach to golf instruction, Dr Joseph Parent, both a noted PGA Tour coach and a respected Buddhist teacher, draws on this natural connection to teach golfers how to play with more consistency and less frustration, and consequently how to lower their scores. When body and mind are synchronized, we can uncover our inherent dignity and confidence. The ultimate goal is not just to help people become better golfers, but better human beings. Zen Golf offers a fresh perspective for golf and for life. Instead of focusing on what's wrong with us - what's broken, flawed or missing - we can take the attitude that there is something fundamentally, essentially right with us. In chapters such as 'How to Get from the Practice Tee to the First Tee', 'You Practice What You Fear', and 'How to Enjoy a Bad Round of Golf', author Joseph Parent shows how to make one's mind an ally rather than an enemy: how to stay calm, clear the interference that leads to bad shots, and eliminate bad habits and mental mistakes. Rather than an instruction manual that takes you through a systematic programme, it is a collection of brief chapters offering the wisdom of traditional Zen stories and teachings distilled from a lifetime of actual lessons with golfers, many of whom are PGA professionals. Continued success at golf (and any other endeavour) requires preparation, action and response - these form the framework for the instructions presented in Zen Golf. Applied correctly, they will help every reader of this unique book to achieve their peak performance.

CONTINUE ►

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