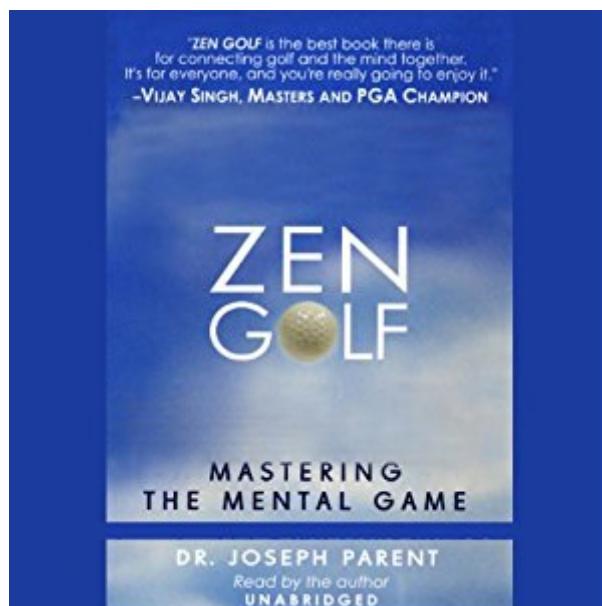


The book was found

# Zen Golf: Mastering The Mental Game



## **Synopsis**

By applying classic insights and stories from the Buddhist tradition to the challenges of golf, Zen Golf shows how to make one's mind an ally instead of an enemy: how to stay calm, clear the interference that leads to poor shots, and eliminate bad habits and mental mistakes. Read by Dr. Joseph Parent 4 CDs Unabridged. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

Audible Audio Edition

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Whispersync for Voice: Ready

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## **Customer Reviews**

This is a great book that helps you think outside of the box and control your thoughts on the golf course. If you are like me, then you can only think about the water hazard up ahead when you are launching your ball off the tee box... Which only leads to your ball actually landing in the water like some self-fulfilling prophecy. This book helps you control those thoughts and envision yourself playing more successfully, which hopefully leads to a self-fulfilling prophecy of lower scores. This book is a very easy read and even as someone who doesn't read a whole lot, it was hard to put down but easy to read one chapter at a time.

I enjoyed this book so much, that I bought another copy as a gift for a fellow golfer, and although he isn't a big reader, he read this book from beginning to end. That says a lot about it! The book really does help you prepare and improve your golf game. In addition to the book, I gave some reusable hand warmers - Reusable Hand Pocket Warmer / Heater "Just Click the Disc" - 4 (Four) Random

Colors - Holiday Gift WrappedÃ  They did come in handy when out playing golf one day, and be reactivitated to use again. It is sometimes hard to choose gifts for 'grown-up' friends, and made it easy!

True story. My golf partner and I both read the book last summer. He is a 12 and I am a 14. We both bought in completely to the fundamentals. Not only did we win the year long match play club tournament beating several of the previous years winners, but we are still alive and unbeaten in this year's tourney. Trust me, given our play, the odds of us pulling this off against this competition would have been 500 to 1. This book has us repeating expressions to each other like "big world, visualize, execute, forgive..." We have made the clutch shots and putts when it counts because the old albatross of stress has been replaced with fun, excitement and better focus. I cannot recommend this book more highly and wish to thank the good doctor

I was a little skeptical when I read the reviews about this book, but bought it anyway as I wasn't having much fun playing golf lately. Although I haven't completed it yet, I am much more relaxed on the course and having fun again (even with the bad shots thrown in). I am able to enjoy the good shots and to let go and learn from the "not so good" ones. My wife and I played a scramble last week and shot a great combined score (for us). I'm looking forward to seeing what else "Zen Golf" can teach me.

What a treat this book is. Started slowly but wow did I get some really good pointers. Had to keep notes just to track them all and make sure I practiced the teachings. I highly recommend it for golfers trying to grow their mental game. Great literature.

I am not done with this book yet. However, I am going to write the review early. While I noticed some people who reviewed this book mentioned that the info is "obvious", the fact is that most truths are obvious once learned. Some of the biggest epiphanies seem extremely clear and obvious once they are had. There is no reason to mention the obviousness, when the value is not in the obscurity, or lack thereof, of the information. I played a round yesterday after reading about a third of this book, and kept a few of the ideas in mind, and I am extremely happy with the results. I had more fun, and was more relaxed. I am still new to the game, but I am making steady progress, and I am really glad I found this book so early in my career. There is no reason for me to sloppily tell you the short version of the ideas here. I am telling you right now that no matter where you are in your

game, you will be happy you got this book. It is not magic, it does not tell you how to astrally project the ball into the hole, it is just there to tell you some fundamental ideas that will help your mental game. BUY THIS NOW. You will not regret it for a minute. I can't think of any resource that could have helped my game so dramatically for so cheap.

I have been working at the game of golf for over 40 years (golf keeps you young folks) and this book has enlightened me on so many of the aspects of the game I was aware of but not with this much clarity. If you ignore this book, you ignore essential ingredients to improve your game. Since reading this book, I've hit shots like I have never hit them before and a whole new subtle game has opened up for me. Great gift for any long-time student of the game.

This book really helped me "get out of my own head" and focus on achieving my goals, instead of getting bogged down with doubt, fear, and false hopes... and I'm not even a golfer! In particular, I recently used it to improve my mental focus in my target shooting endeavors. Using the techniques described in Zen Golf I was able to shoot a Rifleman (expert) score with confidence at an Appleseed event on my first try after reading it (I had four previous failed attempts before finding this book). Dr. Parent gives you concrete advice on how to visualize your way to producing, not \*perfect\* results, but the best results \*you\* are capable of, and how to learn and grow from experience instead of letting it frustrate you. Highly recommended for all aspects of life where confidence and mental clarity are essential, not just on the golf course.

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