
The best players know that golf is a game of confidence, and most important, concentration—the ability to focus and block out distraction. The goal of achieving clear thought is also at the heart of Buddhist teachings. In his highly original and groundbreaking book, noted PGA coach and Buddhist instructor, Dr. Joseph Parent, draws on this natural connection and teaches golfers how to clear their minds, achieve ultimate focus, and play in the moment for each shot. "Zen Golf" presents a simple system for building "mental game mastery." Dr Parent's unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. In chapters such as "How to Get From the Practice Tee to the First Tee," "You Produce What You Fear," and "How to Enjoy a Bad Round of Golf," the author shares a personal teaching regimen that has helped improve the games of professionals and amateurs alike. By combining classic insights and stories from Zen tradition, "Zen Golf" helps eliminate the mental distractions that routinely cause poor shots and loss of concentration, allowing golfers to feel in "the zone" that professionals have learned to master. Clear, concise, and enlightening, "Zen Golf" shows golfers how to prepare for, execute, and equally important, respond the results of any golf shot. A different approach to golf instruction, this book shapes ancient philosophies into new teachings.

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Going Low How to Break Your Individual Golf Scoring Barrier by Thinking Like a Pro, Patrick Cohn, Patrick J. Cohn, 2002, Sports & Recreation, 208 pages. Going Low teaches tour-proven strategies so you can break through your individual scoring barrier--whether it's 100, 90, 80, or 70--for the first time and continue to shoot low.

Snowflakes in the Sun, Brent, Audrey, 1981, , 188 pages.

Buddha in the Palm of Your Hand, Г–sel Tendzin, 1982, Philosophy, 109 pages. Discusses the fundamental teachings of Buddhism and examines the stages of the path to enlightenment through Buddhism.

True Perception, ChГ¶gyam Trungpa, 2008, Buddhism and the arts, 204 pages.

Golf Your Turn for Success, A. Garth Fisher, John Geersten, 1991, Sports & Recreation, 110 pages. Written to help people understand, play and enjoy the game of golf at any level..

Golf The Ultimate Mind Game, Rick Sessinghaus, Feb 1, 2007, Sports & Recreation, 136 pages. In Golf: The Ultimate Mind Game Rick Sessinghaus maps out the mental and emotional skills needed to play your best golf. Throughout this book you will be learning the latest.


about the rules of golf, each chapter of this book examines an actual case where law.


Golf: The Mental Game - Thinking Your Way Around the Course, Tom Dorsel, 2008, Sports & Recreation, 350 pages. In Golf: The Mental Game, Tom Dorsel looks at more than sixty-five issues that can impact a golfer's success and happiness. It is the culmination of more than 25 years of.


The mental side of golf a study of the game as practised by champions, Kenneth R. Thompson, 1939, Sports & Recreation, 153 pages.


Combat golf the competitor's field manual for winning against any opponent, Bruce Warren Ollstein, May 1, 1996, Sports & Recreation, 102 pages. An entertaining, practical guide to competitive golf explains how players can draw on proven military strategies and effective psychological tactics to size up an opponent.

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Stella and Roy, , 1996, Bicycles, 32 pages. Even though Stella's bike is much faster than Roy's, he manages to win their race around the park because she keeps stopping to enjoy its natural beauty.


Private Myths Dreams and Dreaming, Anthony Stevens, Apr 1, 1997, Psychology, 385 pages. Rich in symbolic and scientific insight, "Private Myths" traverses the course of dream interpretation from distant hunter-gatherer times to the present. Anthony Stevens makes... 

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Joseph Parent 2005
Working miracles of love a collection of teachings, Amrit Desai, 1985, Health & Fitness, 184 pages

Opere complete di Carlo Goldoni, Volume 1, Carlo Goldoni, Venice (Italy), Venice (Commune), 1907

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