



# Zen Golf: Mastering the Mental Game

*Dr. Joseph Parent*

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## **Zen Golf: Mastering the Mental Game** Dr. Joseph Parent

In chapters such as "During Your Swing Is Not the Time to Give Yourself a Lesson", "Isn't Where You Have to Play It From Punishment Enough?" and "How to Enjoy a Bad Round of Golf," the author guides golfers with simple yet powerful techniques to prepare for, execute, and, equally important, respond to the results of any golf shot. The author, Dr. Joseph Parent, is a PGA Tour Instructor who draws on his teaching experience to offer special methods that have led to amazing improvements in the games of professionals and amateurs alike.

*Zen Golf* offers a fresh perspective for golf and for life. Rather than focus 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. Through mindful awareness, distractions and negativity can be recognized and cleared away.

Clear, concise, and enlightening, *Zen Golf* introduces a unique combination of modern psychology, Buddhist wisdom, and professional golf instruction. By applying classic insights and stories to the challenges of golf, *Zen Golf* shows you how to make your 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. *Zen Golf* shapes ancient philosophies into new teachings, leading golfers to the effortless focus and unconditional confidence of being in "the zone."

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