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# Zen And The Art Of Disc Golf



## Synopsis

“The one book every disc golfer needs” | If you only pick up one book on this list, make it this one | This is one of those books that will end up with highlighter and notes all over it as you read it again and again.

- “ Mind Body Disc Golf Reading List (MindBodyDisc.com)”
- It is a cool book to motivate and inspire you, speaking in terms that Disc Golfers can understand. Definitely check this book out.
- “ Bobby Brown AKA Cool Daddy Slick Breeze (The Disc Golf Answer Man Podcast)”
- Zen and the Art of Disc Golf is a perfect read anytime of the year to help your disc golf game

It’s safe to say that you’ll take something away from it and in the end, you’ll take steps to being a better disc golfer with the knowledge you’ll gain.

- “ Zach Parcell (All Things Disc Golf) \_\_\_\_\_ ”

Disc Golf is more than a game”, Patrick D. McCormick carefully argues - "It can be a window that shows us how we interact with the world. The way we play is the way we live." This book is about the sport of disc golf, but it also is about so much more than simply throwing a piece of plastic toward a basket. For the passionate practitioner, disc golf becomes a meditation, and practicing not only has the potential to make us better players, but better people as we begin to focus on the similarities between the disc golf course and our lives. Zen And The Art Of Disc Golf is about becoming the best players we can be and in turn becoming the best possible version of ourselves through our cultivation of attitude, focus, determination, and mental strength. It is about mastering the mind, body, and spirit in such a way that we score better and live better. Inside this book you will learn:

- What Disc Golf can teach us about life and success-The secret formula for success on and off the course.
- How to create the proper attitude and focus to become better Disc Golfers and in turn live better lives.
- How visualization improves our game and our lives.
- Who you need to be playing with on the course.
- How to hit more chains and less trees.
- How to take yourself off autopilot and elevate your scores and your game.
- The 3 sides of Disc Golf and how to balance them.

Most importantly, after reading this book you will walk away ready to Ace holes and Ace life. Disc Golf is life. Life is good.

## Book Information

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## Customer Reviews

This book is a definite must read for all disc golfers of all skill and interest levels. Zen and the Art of Disc Golf is NOT an in depth how-to for improving your focus or a tutorial on how to perform under pressure. Zen and the Art of Disc Golf is a basic foundation for internal dialogue - a place to begin a conversation with yourself about who you are on and off the course. This book's primary goal is to encourage you to look internally, instead of externally, when shots go poorly or even when your game is going well - which is a very strong attribute to have when looking to maintain a good, healthy attitude. I've recommended this book to all the guys I regularly play with and they all feel the same way. However, things really started to click when I listened to the audiobook in the car with my non-disc-golfing wife. I told her that I wanted to share the book with her and fill her in on some of the things I've been internalizing and thinking about because of the book. We listened to Zen and the Art of Disc Golf from beginning to end in one go and even my wife loved it. She even asked to listen to it again on the way home because she wanted to make sure she didn't miss anything. After the second listen through with her, she began a dialogue with me that not only highlighted all the things I was taking away from the book but she also shared HER views on who I am as a disc golfer, as a father, and as a husband and how all of those things are intertwined. Sharing the ideas and concepts from Zen and the Art of Disc Golf not only reinforced what I want to work on to become the man and disc golfer I eventually want to be but also indirectly created a support structure in my wife who can help continue the conversation and encourage growth.

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