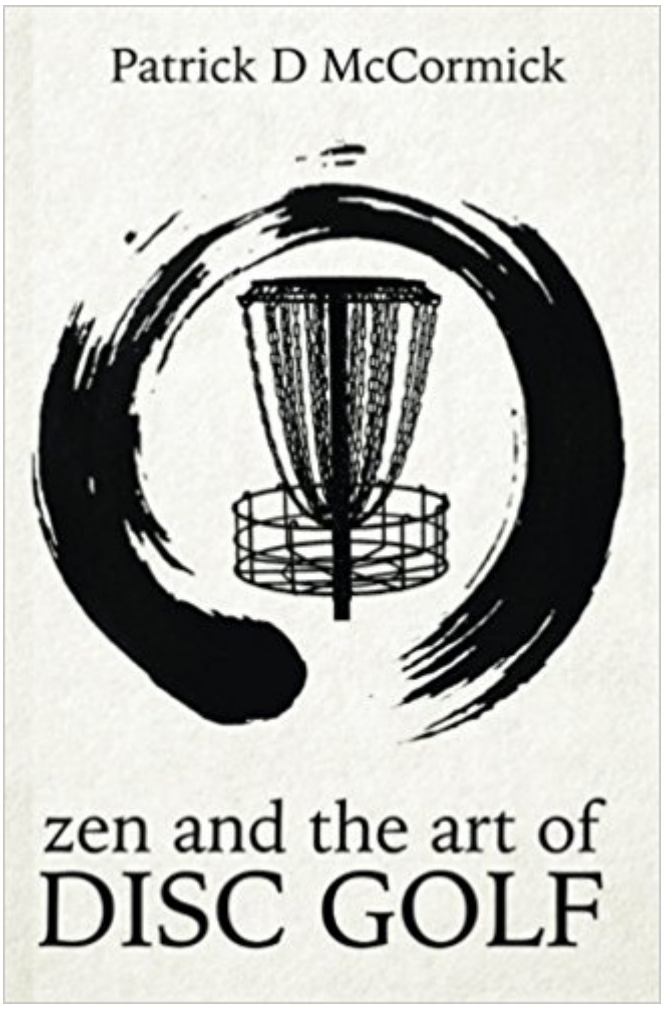
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Zen And The Art Of Disc Golf



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Synopsis

Ã¢â ¬Å“The one book every disc golfer needsÃ¢â ¬Â¦ If you only pick up one book on this list, make it this oneÃ¢â ¬Â¦ This is one of those books that will end up with highlighter and notes all over it as you read it again and again.Ã¢â ¬Â• Ã¢â ¬â œ Mind Body Disc Golf Reading List (MindBodyDisc.com) Ã¢â ¬Å“It is a cool book to motivate and inspire you, speaking in terms that Disc Golfers can understand. Definitely check this book out.Ã¢â ¬Â• Ã¢â ¬â œ Bobby Brown AKA Cool Daddy Slick Breeze (The Disc Golf Answer Man Podcast) Ã¢â ¬Å“Zen and the Art of Disc Golf is a perfect read anytime of the year to help your disc golf gameÃ¢â ¬Â¦ItÃ¢â ¬â„¢s safe to say that youÃ¢â ¬â„¢ll take something away from it and in the end, youÃ¢â ¬â„¢ll take steps to being a better disc golfer with the knowledge youÃ¢â ¬â„¢ll gain.Ã¢â ¬Â• Ã¢â ¬â œ 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 throwing a disc at 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 what we are doing on the course that is working or not working versus what we are doing at home or in the office. "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 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.

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Customer Reviews

I am not a hardcore reader by any means, so I am in shock that I read this book cover-to-cover in less than 24 hours. I am a fairly new addict to the game of disc golf but once I really started playing consistently last summer I have never looked back. My daily life is consumed by my passion for disc golf and how important it is to me. This author has such an incredible way of explaining vastly important outlooks that EVERY player needs to understand. I truly believe with the things I am learning in this book I will become a much better player. Patrick, thank you for such an awesome book, and outlook. I can’t wait to start reading it again now, only this time I’ll follow your instruction to read a chapter at a time and then go play! (Lol), I heard through the grapevine that the author has a new book coming out soon. Please do everything you can to make this happen, and add me to your list of definite orders! :)

If you are serious about playing disc golf, this book is a must read. It’s not a "how to" guide for the game itself, it’s a guide for managing your thoughts and attitude on the course and in all aspects of your life.In disc golf and in life, it’s difficult to stay focused on the present moment and to stay centered. This book walks you through a plethora of ideas that help you manage the game and life by teaching you to nourish your mind, body and spirit. It also helps you to be aware of both positive and negative thoughts that can and do affect you and how to overcome the negative, focusing instead on the positive.By reading this book a little at a time, it helped me to improve my game and my personal quest to be a better person. It is a constant struggle to stay focused, but book guides you in the right direction. Attitude is everything!

If you are a disc golfer, then BUY THIS BOOK! If you are a student of Zen practice, then BUY THIS BOOK! If you want to live a better life, then BUY THIS BOOK!Patrick McCormick has written a short but deep look into playing disc golf, practicing a Zen mindset, and tapping into the potential to become the best possible "you." McCormick’s words are like syrup, they hold such thick value that sometimes it takes a little while to digest them fully, but when those words do finally sink in, it is truly

an enlightenment. Suddenly, everything makes sense and things that may have been cloudy before are now perfectly clear...Although I am a relatively new disc golfer, I come from a background of playing regular golf for most of my life and struggling with the mental side of playing at a competitive level. In fact, several years ago I played regular golf competitively in college in Southern California, but became very frustrated, depressed, and ultimately burnt out from my tireless efforts to elevate my game to the next level. I WISH I would have had McCormick's book at that stage of my life. Nevertheless, I'm very glad I have this book now. I have read it cover to cover several times, and always keep it close by if I feel the need to refresh myself before I go play, or even go take on the day.Reading "Zen and the Art of Disc Golf" has made me appreciate the time, effort, skills, and enjoyment that comes from playing and participating in all the sports I play, and even my occupation as a middle school mathematics teacher. I now have a renewed interest in getting the absolute most enjoyment I can from my work and leisure time activities, challenging myself to constantly improve my game and myself, and even enter competitive tournaments again.Thanks Patrick. Your book is truly awesome and profound!

Having just picked up disc golf and becoming hooked about two months ago, I wanted to absorb as much about it as I could. I watched videos and read reviews for discs and listened to podcasts. Which is how I came across this book. This book captured everything that really drew me in to the sport. The reflection time that you have between your shots was such a draw for me, and Patrick puts this time to the most positive use. The ideas and philosophies that he lays out are meant to sharpen the mental blade in the game, but they seamlessly bleed into your everyday life.I am a fifth grade teacher, and as I was reading I was picturing all of these positive thoughts ending up on my walls of my classroom. Reading this book and listening to his podcast has inspired me to start a disc golf club in my school. In the book he speaks of three groups, the mentor, the peer, and the protege. And how the positivity that you spread to the protege comes back to you in great amounts. My goal is to pass these ideas on to the next generations of players.I really can't say enough good things about this book. Read it.

Disc golf is so much more mental than physical. Your attitude toward the game can affect every shot on the course. Zen and the Art of Disc Golf is there for your mental game. This isn't a rule book, it's a mental break. Sit down, read some, get your mind straight, then go play the best round you've had in weeks. Do yourself a favor and order this book, then help #growthesport and buy a copy for your buddy.

I really like what this book has to say in reguards to the sport of Disc Golf and the power of positive thinking. Writen from the stand point of an "average Joe" Disc Golfer with a good grasp on spirital balance, this book is a must read to help elevate your mind, body, and spirit and drastic lower your scores on the course. I have used this book to aid in my enjoyment of the sport and to help clear my mind of the things that used to keep me up at night. Thank You Pat for sharing this with the world... Maybe your next book could be "Zen and the art of Mankind"... A practical guide to getting along with everyone else... Then we could all get some sleep!!!

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