

Peace and Par: Enjoying Golf in the Now



Peace and Par - Enjoying Golf in the Now

by Michael Shingleton

★★★★★ 5 out of 5

Language : English

File size : 213 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 148 pages

Lending : Enabled



By Dr. Bob Rotella

In *Peace and Par*, PGA Master Professional Dr. Bob Rotella shows how to harness the transformative power of golf to find peace, joy, and fulfillment on and off the course. With his trademark wit and wisdom, Rotella shares his insights on how to:

- Overcome the mental obstacles that hold you back
- Focus on the present moment and let go of the past and future
- Develop a positive attitude and embrace the challenges of the game
- Find joy in the simple act of playing golf

Rotella's approach is based on the principles of mindfulness, which he has taught to golfers of all levels for over 30 years. He believes that golf is a

perfect vehicle for practicing mindfulness because it requires you to be fully present in the moment. When you're playing golf, you can't afford to dwell on the past or worry about the future. You have to focus on the shot at hand and let go of everything else.

This focus on the present moment can help you to overcome the mental obstacles that hold you back. When you're not thinking about the past or future, you're less likely to be anxious or stressed. You're also more likely to be creative and to make better decisions.

In addition to helping you to overcome mental obstacles, mindfulness can also help you to develop a more positive attitude. When you're focused on the present moment, you're more likely to appreciate the beauty of the game and to find joy in the simple act of playing. You're also less likely to get discouraged by setbacks and more likely to persevere in the face of challenges.

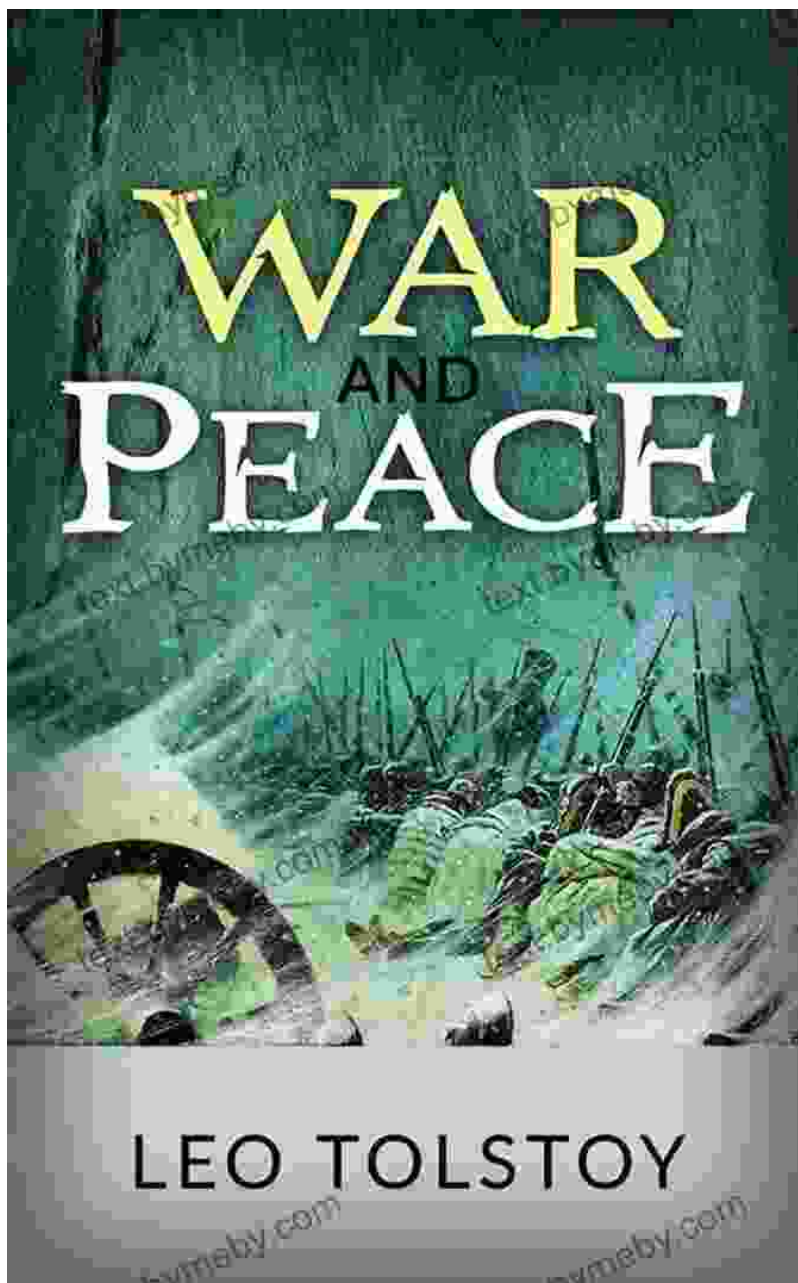
If you're looking to improve your golf game and to find more peace and joy in your life, *Peace and Par* is the book for you. Rotella's insights and guidance will help you to harness the transformative power of golf and to create a more fulfilling life on and off the course.

About the Author

Dr. Bob Rotella is a PGA Master Professional and one of the world's leading golf instructors. He has worked with some of the game's greatest players, including Annika Sorenstam, Sergio Garcia, and Davis Love III. Rotella is also a best-selling author and his books have been translated into over 20 languages.

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Peace and Par is available now in hardcover, paperback, and ebook formats. Free Download your copy today and start your journey to a more peaceful and fulfilling life on and off the course.



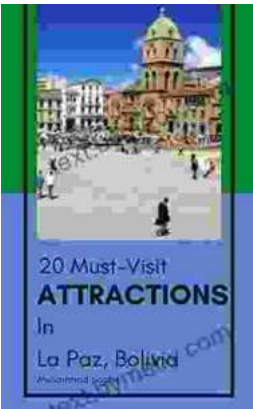
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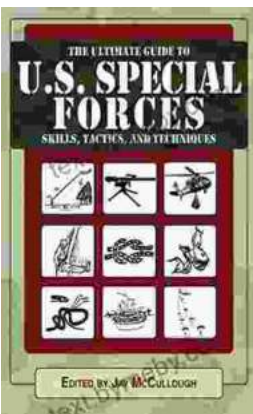


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