



Zen and the Art of Disc Golf

Patrick McCormick

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“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 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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Mary Block:

Reading can called thoughts hangout, why? Because while you are reading a book particularly book entitled Zen and the Art of Disc Golf your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely might be your mind friends. Imaging every word written in a book then become one application form conclusion and explanation this maybe you never get just before. The Zen and the Art of Disc Golf giving you another experience more than blown away your mind but also giving you useful facts for your better life in this particular era. So now let us explain to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

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