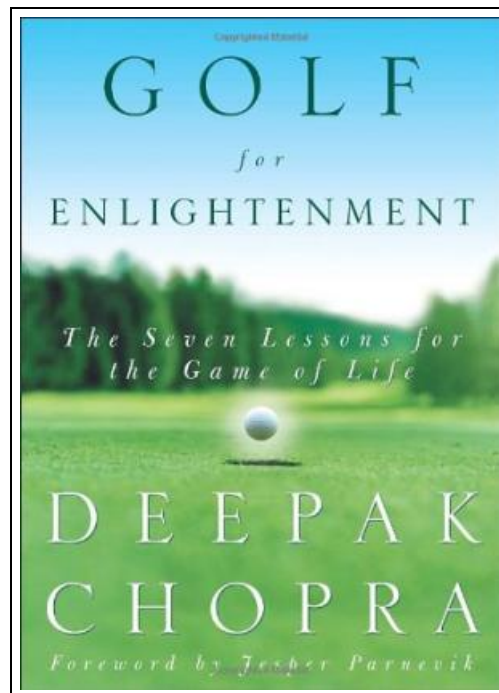


Golf for Enlightenment: The Seven Lessons for the Game of Life (Hardback)



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Reviews

It is one of my personal favorite books. Sure, it is engaging, continue to an amazing and interesting literature. I am quickly could possibly get a enjoyment of looking at a published book.
(Wellington Rosenbaum)

GOLF FOR ENLIGHTENMENT: THE SEVEN LESSONS FOR THE GAME OF LIFE (HARDBACK)



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HARMONY, United States, 2003. Hardback. Condition: New. Language: English . Brand New Book. Deepak Chopra has discovered the delights--and frustrations--of golf, and he is passionate about the game. Confronted by the wild ups and downs of his own play, he consulted with golf professionals and developed a new approach to the game that any golfer can follow--from the novice to the expert. The results can be measured not only in increased enjoyment and skill, but also in greater wisdom about life beyond the 18th hole. Chopra s own game has improved dramatically since incorporating the elements of his program. Instead of focusing on the mechanics of a perfect swing, Chopra reveals how golf can be mastered through mindfulness, a form of awareness that combines sharp focus and relaxation at the same time. Expanded awareness, he tells us, can accomplish much more than external mechanics to improve one s game. But Golf for Enlightenment is also an engrossing story about Adam, an Everyman who is playing a terrible round of golf when he meets a mysterious young teaching pro named Leela. In seven short but profound lessons detailing spiritual strategies, she teaches Adam the essence of a game that has much to explain about life itself. Chopra has spent the last year taking the unique message in Golf for Enlightenment nationwide, teaching the essential tenets of his program at lectures and seminars to golfers everywhere. His message continues to help players turn an obsession into a positive life path.



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