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Golf and the Spirit: Lessons for the Journey

M.Scott Peck

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Golf and the Spirit: Lessons for the Journey M.Scott Peck
Golf is the ultimate head game. So when nothing but the best advice will do, turn to the wisdom of a writer who is both a psychiatrist and the author of the bestselling self-improvement book of all time, The Road Less Travelled. In Golf and The Spirit, M. Scott Peck, M.D., has written a book for golfers everywhere, from beginners to masters. It goes beyond mechanics to explore the deeper issue, ways of successfully managing the emotional, psychological, and even spiritual aspects of this most wonderful, maddening, deflating, and inspiring game. Here are some of the many gifts of Golf and The Spirit: appreciating that life is not linear; learning to live with anger; accepting the gift of humility; learning how to benefit from teachers; how to change deep-seated behaviour; appreciating that in weakness there is strength; and realizing that to experience the blessings of golf and life fully, one must accept the divinity that underlies all things. Golf and The Spirit makes a unique and lasting contribution to the literature of golf and life. It is a book that goes beyond the body to address the heart and soul of the game, thereby transforming the lives of its readers - on and off the fairway.

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