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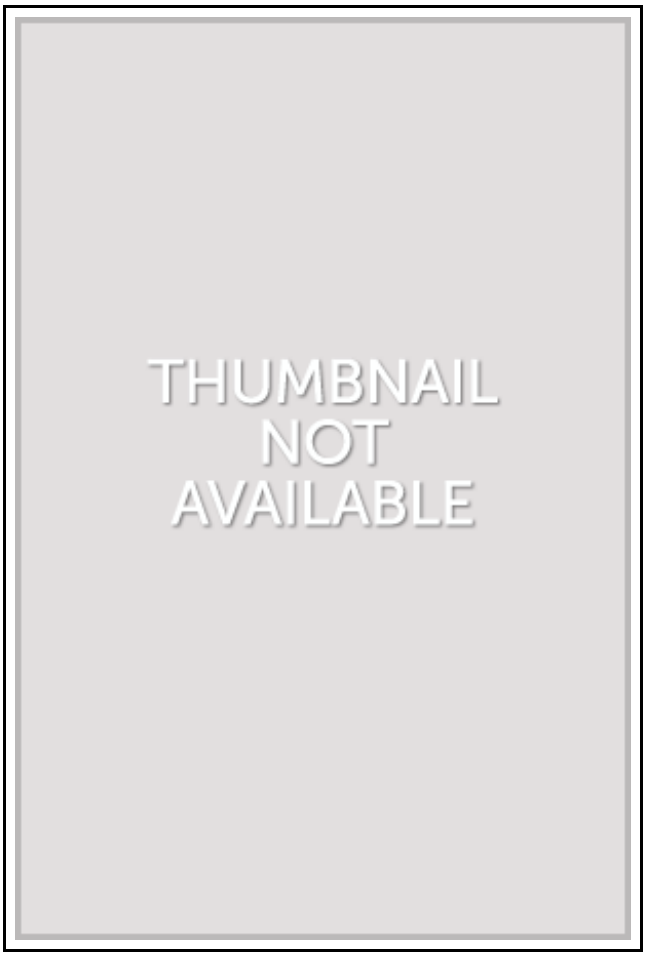

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Extensive manual for publication fans. It is actually filled with knowledge and wisdom You can expect to like how the author compose this pdf.
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GOLF FOR ENLIGHTENMENT: THE SEVEN LESSONS FOR THE GAME OF LIFE

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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Golf for Enlightenment: The Seven Lessons for the Game of Life, Deepak Chopra, Golf for Enlightenment is the fable of Adam Seaver, an ordinary person, with a terrible game. Adam meets a mysterious young teaching pro named Wendy who, in seven crisp, short yet profound lessons, teaches him things that seem baffling at first: - You and the ball are one - Find the now, and you will find the shot - Let the game play you. From the moment they begin to put these lessons into practice, what was previously a humiliation turns into a transforming experience, not just for Adam's score but for his whole life. Long a famous writer on spiritual subjects, hailed as the poet-philosopher of mind-body medicine, Deepak Chopra found himself fascinated by the game of golf. He could not escape its parallels to life: 'Golf is like lightning caught in a bottle. It can turn triumph into disaster in a split second.' Faced with the wild ups and downs of his own game, Chopra crystallised a teaching based on mindfulness, the ability to remain calm and focused, relaxed and powerful at the same time. Mindfulness can improve any golf game, from the beginner's to the tour professional's. And it can improve anybody's life, no matter what game they play - or none.

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