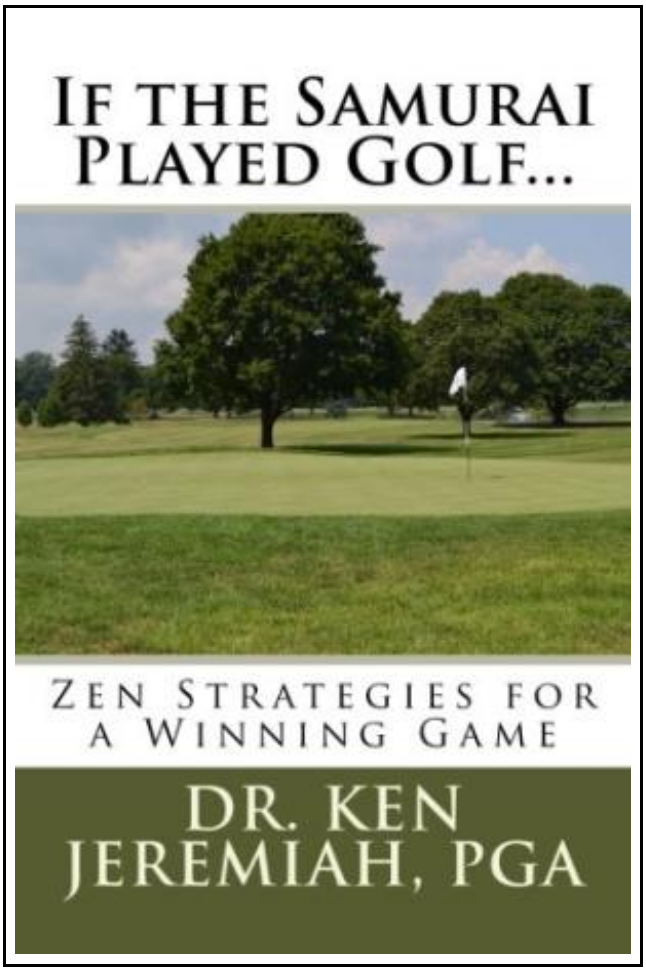
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Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 206 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the only book that describes how to use Zen and other East Asian practices in order to improve the physical techniques of golf. Japanese martial artists, such as the samurai, trained in Zen in order to control the movements of their bodies. Through such training, they eliminated excess movement, resulting in greater speed and efficiency. Eliminating excess movement also served to increase their consistency. These same practices can be used to play better golf. Applying the concepts of Zen and the martial arts to the game of golf will help players to eliminate extraneous movements, resulting in greater consistency, increased confidence, and overall proficiency. The techniques found in Zen and the Japanese martial arts can also have a profound influence on the mental aspects of golf. If the Samurai Played Golf. combines the philosophical and spiritual teachings of samurai warriors and Zen monks, and interprets them for use by golfers and other athletes. It is the only book that presents East Asian philosophy as a tool that can be used to train both the body and the mind in golf.

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