

# Golf's Sacred Journey

*author: David L. Cook*

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## Synopsis

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readBy	Herschel Miller
inLanguage	english

**Join David Cook**—world-renowned sports and performance psychologist, speaker, and bestselling author—as he teaches you that in golf and in life, it's time to get out of your own way and let your true self shine.

Based on thousands of athletes Cook has counseled and great mentors and teachers from whom he has learned, *Golf's Sacred Journey* is told through the lives of two characters—a rancher with a passion for teaching truth and a young golf professional at the end of his rope.

In *Golf's Sacred Journey*, Cook has compressed his decades of peak performance coaching into a story that will give you the tools you need to:

- Create a meaningful life, both on and off the golf course
- Be yourself amid the competition
- Find what you do well and perfect it

Come alongside Cook as he shows you that in life and on the golf course, we must be willing to coach and be coached—because doing only one will leave us feeling empty.

## Reader's comments

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