




Author photo: Ruth Toledo Altschuler

**Stephen Altschuler** is the author of five books, including *The Mindful Hiker: On the Trail to Find the Path*. He has a master's degree in counseling and has been a student of Buddhism for four decades and a golfer for five decades. He has taught golf at colleges, adult education programs, and community recreation departments in Philadelphia, New England, and California. He lives in Northern California and blogs at *Mindful Golfer* ([www.mindfulgolfer.com](http://www.mindfulgolfer.com)).

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## A GUIDE TO UNDERSTANDING GOLF—AND YOURSELF

“This is a wise and wonderful book. It teaches us that we can cultivate resilience for life on the golf course.”

—**Cheryl Jones**, author of *Mindful Exercise* and CEO of the Mindful Path

“*The Mindful Golfer* teaches us what is most important in getting the most from every round. It's helping me with my game and my everyday life. Thank you, Stephen!”

—**David MacKenzie**, *Golf State of Mind* ([www.golfstateofmind.com](http://www.golfstateofmind.com))

“A fascinating read that offers a beautifully unique perspective on golf—one that brings into play body, mind, and spirit. I'm using it to improve my own game, and recommend it to everyone I know who plays this great and challenging game.”

—**Michael Barkann**, award-winning TV and radio host, Comcast SportsNet and 94WIP Philadelphia

“*The Mindful Golfer* offers a perspective using everyday and ordinary situations to uncover the true meaning of golfing without *fear*! I have yet to come across a book that relates in such a simple way how most golfers feel while trying to perform at their best.”

—**Val Verhunce**, Class A PGA member and head golf coach, Sonoma State University (men and women's teams)

“What I commend most about Stephen Altschuler's *The Mindful Golfer* is that it is clearly written from an experiential rather than intellectual point of view, by someone with both a passion and love of golf as well as the experience of studying and living by the principles of Zen and applying them to that passion.”

—**Steve Cohen**, president emeritus, the Shivas Irons Society



ALTSCHULER  
THE MINDFUL GOLFER 

“Stephen Altschuler has written a book that delights and inspires.”  
—**Mindy Affrime**, producer, *Golf in the Kingdom*

# THE MINDFUL GOLFER

How to Lower Your  
Handicap While  
Raising Your  
Consciousness

STEPHEN ALTSCHULER

Sports/Golf

US \$24.99

## GOLF IS A ZEN SPORT

If you leave the present moment, you will likely feel the immediate karmic consequences like a hammer hitting your thumb.

In *The Mindful Golfer*, Stephen Altschuler helps you nail it all right—hard and true and into another level of surrender, satisfaction, and self-awareness. He uses the tools of Zen to raise the game several notches on the ladder of consciousness.

In the author's experience—over fifty years as a player, approximately thirty as a meditation practitioner, and forty as a mental health counselor—golf is a game that brings suffering or elation to the surface as no other sport can. As Altschuler puts it, “In a five-hour round, emotions suited to a funeral, a wedding, or serious road rage incidents come into play—particularly the road rage. It brings emotions to the surface faster than any human interaction, calling for an immediate response—a response that somehow needs to clear the slate to allow the golfer to be ready for the next shot, which follows quickly since there are others behind you waiting to play.”

In *The Mindful Golfer*, Altschuler discusses the state of the game, some of its more illustrious players, its glories, and its challenges. He covers some of his own struggles with golf and some moments of achievement, if only fleeting. The book is a reflective look at golf today, emphasizing the mental and spiritual elements of the game.