

The last sentence in my first book “I’ve Got 99 Swing Thoughts but ‘Hit the Ball’ Ain’t One” (Crown, 2007) read: “The challenges presented to us on the golf course are simply preparing us for the moments when it really matters – during the game of life.”

That life game started for me in 1963 and the golf puzzle a decade later. Now, as we rapidly approach the year 2020 – things have become increasingly clear to me. You see, I’ve realized after 4 decades on the links and 5 on the planet, that the games of golf and life aren’t about shooting lower scores, chasing the almighty \$ or feeding the ego - but rather about seeking fun, freedom and peace of mind, making them as contagious as a smile - then watching as the fruits appear from your intention.

Life and golf: chaotic and random propositions, brimming with the unexpected, oft-unfair and wondrous. The unlikely inevitability of everything. I’m giving you permission to explore, evolve and play these games – and become the hero in your own personal dream.

Golf on your terms: Shift-Alt-Golf.

Allow me to guide you in what it’s all about...

It’s about getting away from the concrete, the cubicles and the strange voice coming out of your smartphone, and getting back in touch with your mother. Mother Nature that is.

It’s about becoming a better golfer – and human being - by getting in touch with your true self. Learning self-compassion, empathy and belief while attaining harmony, balance and synchronicity in your life – all via the medium of golf. Human skills that’ll help you immensely on the golf course.

It’s about playing and practicing in fun, meaningful ways, in veritable game-like situations. Situations that present themselves on the links, and in your life. And the tools and techniques to deal with them successfully.

It’s about playing in an hour or so – instead of five. 3, 6, 9 or 18 holes; you choose. Run like the wind in your Speedgolf suit & mode, surf the earth on a GolfBoard, bask in the camaraderie of your playing partners, or just stroll solo at a leisurely pace and allow yourself to reflect, focus and create.

It’s about ditching the GPS, the lasers and other such technology while not pacing off exact yardages. Your brain is taking in 11,000,000 bit of info *per second*; you think *more is better?* Think again... Liberating thought, isn’t it? The human mind/body system is truly amazing - if only you’d get out of its way, let it ‘do its thing,’ and resurrect your instinct and intuition.

It’s about no longer feeling ‘guilty’ when you sneak off to play or practice golf, because you are ‘working on’ yourself as you’re working on your game.

Welcome to golf on your terms: Shift-Alt-Golf. A place where your mind, body and spirit get a break from your desk, car and keyboards. A place to find your *calling*. Discover your *gifts*. Finally listen to that little voice inside you that’s *never* wrong. In a luscious, green park – the golf course.

It’s time. Time to come out and play.