



Discs & Zen: More Writings on Disc Golf and Life

Patrick D McCormick

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After creating a movement in the disc golf world with his cultural classic, *Zen & the Art of Disc Golf*, author Patrick McCormick returns with *Discs & Zen*, a more in depth look at how disc golf can be seen as a microcosm of life. New and old fans alike will love McCormick's clever use of insight and humor in hopes to make you never see disc golf the same way again. *Discs & Zen* is destined to sit along side *Zen & the Art of Disc Golf* as a treatise on self-growth and personal potential seen through the eyes of a disc golfer. *Discs & Zen* also contains a forward written by the one and only Tim Steward of Mind Body Disc, The Zen Disc Golf Podcast, and The Disc Golf Answer Man Podcast.

PRAISE FOR ZEN & THE ART OF DISC GOLF:

“The one book every disc golfer needs... If you only pick up one book on this list, make it this one... This is one of those books that will end up with highlighter and notes all over it as you read it again and again.” – Tim Steward (Mind Body Disc Blog)

“It is a cool book to motivate and inspire you, speaking in terms that Disc Golfers can understand. Definitely check this book out.” – Bobby Brown (The Disc Golf Answer Man Podcast)

“Zen and the Art of Disc Golf is a perfect read anytime of the year to help your disc golf game...It's safe to say that you'll take something away from it and in the end, you'll take steps to being a better disc golfer with the knowledge you'll gain.” – Zach Parcell (All Things Disc Golf Blog)

“A potentially valuable tool in your quest for the Perfect Round.” – DiscGolfer Magazine

“A must read for any disc golfer.” – Hucking Aces Blog

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