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GULF COAST

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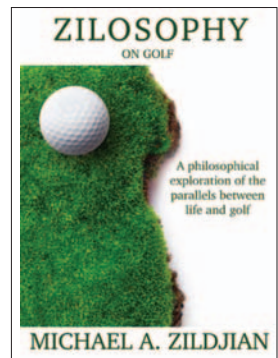
Book Shelf Uncover Your Personal Best

Whether you've been playing golf for a long time or you're new to the game, the way Michael Zildjian sees it you are always learning. The lessons that help you become a better player on the golf course are the same ones that help you successfully navigate your life.

Zildjian, a golfer and 'zilosopher' has put all this in his new book, launching this summer. It is called 'Zilosophy on Golf: A philosophical exploration of the parallels between life and golf.' "Golf is the perfect metaphor for life because every round is different, just like life," he observes. "It is important to stay present on the golf course to make your best swing and in your life to manifest your best self."

Written in a fun and conversational style, the book's 18 chapters each begin with an observation from the world of golf (like "swing your own swing"), then offer a view of that concept as a life skill complete with a 'pro tip' and a series of practice drills to follow. The broader themes of the book, awareness, honesty and commitment, run through all 18 chapters.

A part-time resident of Sarasota and investor in Salt of the Earth, a holistic salt therapy center on Clark Road in Sarasota, Zildjian hopes his book can create a common language and conversation "that allows each of us to look inward and peel away the blocks from being our best on any given day – on or off the golf course. Find more information at zilosophy.org.



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