

ZILOSOPHY
ON GOLF



Observations
on the parallels
between life
and golf

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Zilosophy On Golf

By Michael Zildjian

CHANGE YOUR GOLF GAME, CHANGE YOUR LIFE!

**18 WAYS TO HELP IMPROVE YOUR MENTAL GAME
THAT WILL ALSO IMPROVE YOUR LIFE**

Over time, author **Michael Zildjian** began to realize that there are many correlations between golf and life. Deep philosophical conversations about both topics with friends and professional golfers formed the basis and the foundation for *Zilosophy On Golf* – a practical 18-step program to help golfers improve their game -- and their lives. **Professional PGA golfer, Jason Gore**, describes this process in his foreword to the book like this: “This book has shown me that we make this game, which I think is a microcosm of life, way more difficult than it needs to be. The first time I read this book, I realized that this is not a book for professional golfers, but for every golfer. Better yet, every person.” The book is cleverly arranged like an 18-hole golf game. Each chapter presents an idea and then offers practical tasks readers can practice to improve their game and their lives. Fun stories help illustrate these ideas. A scoring system helps readers track their progress, keeping their “head in the game,” so to speak.

Zildjian, an avid golfer himself, says about *Zilosophy On Golf*. “I realized that when I let anxiety, impatience, or frustration seep into my game, I played horribly. That’s when I really started to develop a systematic process to counter those negative thoughts, and my game improved dramatically. When I incorporated that same process into my life, and my life changed for the better, I knew that I had something to share with others.” That process has become *Zilosophy On Golf*.

Zildjian has met people from all walks of life, from rock stars to geologists, sharing his stories and his philosophical views about life while drinking a beer or playing a round of golf. He is not a therapist. He’s just a guy you want to chat with in hopes that you might get some needed perspective on life – or a good laugh. Or both.

For additional information, or to receive a review copy or speak with the author, please contact Joe Marich at 323-952-7339, or via email at JoeMarich (at) MarichMedia.com.

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