



As in life, a sense of humor is essential for those who choose to play the game of golf in order to maintain a proper perspective as well as one's sanity. I offer this to all of the golfers and wannabees out there who may need a "pick-me-up" now and then for their game as well as their lives.

GOLF AND WHAT IT ALL MEANS



Golf can best be defined as an endless series of tragedies obscured by the occasional miracle, followed by a good bottle of beer.

Golf! You hit down to make the ball go up. You swing left and the ball goes right. The lowest score wins. And on top of that, the winner buys the drinks.

Golf is harder than baseball. In golf, you have to play your foul balls.

If you find you do not mind playing golf in the rain, the snow, even during a hurricane, here's a valuable tip: your life is in trouble.

Golfers who try to make everything perfect before taking the shot rarely make a perfect shot.

The term 'mulligan' is really a contraction of the phrase 'maul it again.'

A 'gimme' can best be defined as an agreement between two golfers ...neither of whom can putt very well.

An interesting thing about golf is that no matter how badly you play, it is always possible to get worse.

Golf's a hard game to figure. One day you'll go out and slice it and shank it, hit into all the traps and miss every green. The next day you go out and for no reason at all you really stink.

If your best shots are the practice swing and the 'gimme putt', you might wish to reconsider this game.

Golf is the only sport where the most feared opponent is you.

Golf is like marriage: If you take yourself too seriously it won't work, and both are expensive.

The best wood in most amateurs' bags is the pencil.

A Brief Biographical Sketch

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity

Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.