



When I wrote my book, THE MENTAL SIDE OF GOLF I wanted to include an emphasis on the fact that if you play the game of golf, you must have a sense of humor and I included a section keynoting that fact. After my book was published, I came upon the following and wanted to share this with all golfer and wannabe golfers as well

THE 35 LAWS OF GOLF:

LAW 1: No matter how bad your last shot was you should have inner peace knowing that a worse one is yet to come. (This law does not expire on the 18th hole, since it has the supernatural tendency to extend over the course of a tournament, a summer and, eventually, a lifetime.)

LAW 2: Your best round of golf will be followed almost immediately by your worst round ever. The probability of the latter increases with the number of people you tell about the former.

LAW 3: Brand new golf balls are water-magnetic. (Though this cannot be proven in the lab, it is a known fact that the more expensive the golf ball, the greater its attraction to water. Expensive clubs have been known to be partly made with this most unusual natural alloy.)

LAW 4: Golf balls never bounce off of trees back into play. If one does, the tree is breaking a law of the universe, and should be cut down.

LAW 5: No matter what causes a golfer to miff a shot, all his playing partners must solemnly chant "You looked up," or invoke the wrath of the universe.

LAW 6: The higher a golfer's handicap, the more qualified he deems himself as an instructor.

LAW 7: Every par-three hole in the world has a secret desire to humiliate golfers; the shorter the hole, the greater its desire.

LAW 8: Palm trees eat golf balls.

LAW 9: Sand is alive. It will swallow your balls.

LAW 10: A golfer hitting into your group will always be bigger than anyone in your group. Likewise, a group you accidentally hit into will consist of a football player, a professional wrestler, a convicted murderer and an IRS agent -- or some similar combination.

LAW 11: All 3-woods are demon-possessed. (Your Mother in Law does not come

close.)

LAW 12: Golf balls from the same "sleeve" tend to follow one another, particularly out of bounds or into the water (See LAW 3).

LAW 13: A severe slice is a thing of awesome power and beauty.

LAW 14: The person you would most hate to lose to will always be the one who beats you.

LAW 15: The last three holes of a round will automatically adjust your score to what it really should be.

LAW 16: Golf should be given up at least twice per month.

LAW 17: All vows taken on a golf course shall be valid only until the sunset.

LAW 18: Since bad shots come in groups of three, your fourth consecutive bad shot is really the beginning of the next group of three.

LAW 19: When you look up and cause an awful shot, you will always look down again at exactly the moment when you should have continued watching the ball.

LAW 20: The less skilled the player, the more likely he is to share his ideas about your swing.

LAW 21: If it isn't broke, try changing your grip.

LAW 22: Golfers who claim they don't cheat, also lie.

LAW 23: A golf match is a test of your skill against your opponent's luck.

LAW 24: It's surprisingly easy to hole a 50-foot putt when you lie in 8/

LAW 25: Counting on your opponent to inform you when he breaks a rule is like expecting him to make fun of his own haircut.

LAW 26: Nonchalant putts count the same as "chalant" putts.

LAW 27: It's not a "gimme" if you're still away.

LAW 28: The shortest distance between any two points on a golf course is a straight line that passes directly through the center of a very large tree.

LAW 29: You can hit a 2-acre fairway 10% of the time, and a 2-inch branch 90% of the time.

LAW 30: Every time a golfer makes a birdie, he must 1. subsequently make two triple bogeys to restore the fundamental equilibrium of the universe and 2. If you want to hit a 7-iron as far as Tiger Woods does, simply try to lay up just short of a water hazard.

LAW 31: There are two things you can learn by stopping your backswing at the top and checking the position of your hands: how many hands you have, and which one is wearing the glove.

LAW 32: Hazards attract; fairways repel.

LAW 33: You can put "draw" on the ball, you can put "fade" on the ball, but no golfer can put "straight" on the ball.

LAW 34: A ball you can see in the rough from 50 yards away is not yours.

LAW 35: Don't buy a putter until you've had a chance to throw it.

And please remember: Craig Statler once changed putters in the middle of a tournament. When asked about it, Craig said, "The other putter couldn't swim!"

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.