



*A number of readers of my Newsletter, **CLIMBING THE MOUNTAIN** are golf enthusiasts and so I chose to publish this brief satirical poem for their enjoyment ...and now for yours as well.*

TO MY GOLFING FRIENDS.....A GOLF POEM

In my hand I hold a ball...white and dimpled, rather small....
Oh , how bland it does appear....this harmless looking little sphere....
By its size I could not guess.... the awesome strength it does possess....
But since I fell beneath it's spell....I've wandered through the fires of hell...
My life has not been quite the same....Since I chose to play this stupid game....
It rules my mind for hours on end...
A fortune it has made me spend.... It has made me swear and yell and cry....
I hate myself and want to die...
It promises a thing called par....If I can hit straight and far....
To master such a tiny ball....should not be very hard at all .
But my desires the ball refuses....and does exactly like it chooses....
It hooks and slices, dribbles and dies....And even disappears before my eyes....
Often it will take a whim....to hit a tree or take a swim....
With miles of grass on which to land...it finds a tiny patch of sand..
Then has me offering up my soul...if only it would find the hole.. *
It's made me whimper like a pup...and swear that I will give it up....
And take a drink to ease my sorrow...

But the ball knows...I'll be back tomorrow!!!

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.