



Golf's Three Noble Truths

James Ragonne

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The Buddha's seven years of wandering in search of enlightenment ended in frustration. So did the author's thirty years of traversing golf courses. Neither found what they were looking for until they stopped searching outside and started looking within. The result for James Ragonnet was the kind of "second birthday" Eastern thinkers describe when "you wake up to everything happening around you." Through delightful anecdotes and practical lessons, Ragonnet reveals the power of awareness, balance, and unity to banish the dissatisfaction and stagnation so many golfers experience. He shows how "all golf Buddhas — Bobby Jones, Jack Nicklaus, Annika Sorenstam, Tiger Woods — play with their outer and inner eyes wide open," describes his twelfth-green OOG ("out-of-golf-experience"), and offers readers simple truths that prompt flashes of understanding. These insights invite birdies, drop handicaps, and transform experience both on and off the course.

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