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Fill your upcoming 2018, 16 months of Zen calendar planner. Plan out a year in advance.

By combining classic insights and stories from Zen tradition, Zen Golf helps eliminate the mental distractions that routinely cause poor shots and loss of concentration, allowing golfers to feel in “the zone” that professionals have learned to master. “The lessons in Zen Golf make the mental game seem so simple. Dr. Parent has given me very effective methods for working with thoughts and emotions, and for taking the negatives out of the picture.” –Vijay Singh, Masters and PGA Champion The best players know that golf is a game of confidence, and most important, concentration–the ability to focus and block out distraction. The goal of achieving clear thought is also at the heart of Buddhist teachings. In his highly original and groundbreaking book, noted PGA coach and Buddhist instructor, Dr. Joseph Parent, draws on this natural connection and teaches golfers how to clear their minds, achieve ultimate focus, and play in the moment for each shot. Zen Golf presents a simple system for building “mental game mastery.” Dr Parent’s unique PAR Approach (focusing on Preparation, Action, and Response to Results) guides golfers with specific techniques for each aspect of their games. In chapters such as “How to Get From the Practice Tee to the First Tee”, “You Produce What You Fear”, and “How to Enjoy a Bad Round of Golf”, the author shares a personal teaching regimen that has helped improve the games of professionals and amateurs alike. Clear, concise, and enlightening, Zen Golf shows golfers how to prepare for, execute, and equally important, respond the results of any golf shot. A different approach to golf instruction, this book shapes ancient philosophies into new teachings.

This weekly and to do list planner notebook : Encourage your child to keep a planner where they can record their schedules and how their day went. It simple effective time management system for busy parent. Well designed pages easily access, convenient and compact (5" x 8") Fits easily for your suitcase, bag, purse, briefcase and backpack easier way to plan your day in a few minute. The layout is simple and organized. Organize your day with : Lists of your to-dos, to-don'ts, and more. Spreads to plan your child day and week. Keeping track your child activities and habits for busy parent to organized daily plan for kids. 5x8 inches perfect compact size. Matte finish and soft cover. 120 pages

-With inside access and reporting, Sports Illustrated senior baseball writer and FOX Sports analyst Tom Verducci reveals how Theo Epstein and Joe Maddon built, led, and inspired the Chicago Cubs team that broke the longest championship drought in sports, chronicling their epic journey to become World Series champions--

Best-selling author and spiritual teacher Pema Chödrön shares life-changing practices for living with wisdom, confidence, and integrity amidst confusing situations and uncertain times. We live in difficult times. Life so often seems like a turbulent river threatening to drown us and destroy our world. Why, then, shouldn't we cling to the certainty of the comfortable–to our deep-seated habits and familiar ways? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more powerful experience of being fully alive. The teachings she presents here–known as the “Three Commitments”–provide a treasure trove of wisdom for learning to step right into the unknown, to completely and fearlessly embrace the groundlessness of being human. When we do, we begin to see not only how much better it feels to live an openhearted life, but we find that we begin to naturally and more effectively reach out to help and heal all those around us.

The perfect gift for fans of The Big Lebowski, Jeff Bridges's "The Dude", and anyone who could use more Zen in their lives. Zen Master Bernie Glassman compares Jeff Bridges's iconic role in The Big Lebowski to a Lamed-Vavnik: one of the men in Jewish mysticism who are "simple and unassuming," and "so good that on account of them God lets the world go on." Jeff puts it another way. “The wonderful thing about the Dude is that he'd always rather hug it out than slug it out.” For more than a decade, Academy Award-winning actor Jeff Bridges and his Buddhist teacher, renowned Roshi Bernie Glassman, have been close friends. Inspiring and often hilarious, The Dude and the Zen Master captures their freewheeling dialogue and remarkable humanism in a book that reminds us of the importance of doing good in a difficult world.

The Zen Habits Handbook for Life is a compilation of Leo Babauta's best articles on living from a Zen Habits perspective. What will this book teach you to do? Basically the same things that Zen Habits aims for overall: how to simplify your life, how to live a happier life, how to be more productive with less stress, how to achieve your dreams. The book includes chapters on decluttering, single-tasking, eliminating nonessentials, planning your day, clearing your inbox, getting motivated, cultivating compassion, boosting self-confidence, living consciously, and much more! Think of it as a little handbook for a better life.

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

In this richly literary anthology, Jay McInerney–bestselling novelist and acclaimed wine columnist for Town & Country, Wall Street Journal, and House and Garden–selects over twenty pieces of memorable fiction and nonfiction about the making, selling, and of course, drinking of fine wine. Including excerpts from novels, short fiction, memoir, and narrative nonfiction, Wine Reads features big names in the trade and literary heavyweights alike. We follow Kermit Lynch to the Northern Rhone in a chapter from his classic Adventures on the Wine Route. In an excerpt from Between Meals, long-time New Yorker writer A. J. Liebling raises feeding and imbibing on a budget in Paris into something of an art form–and discovers a very good rosé from just west of the Rhone. Michael Dibdin's fictional Venetian detective Aurelio Zen gets a lesson in Barolo, Barbaresco, and Brunello vintages from an eccentric celebrity. In real life, and over half a century ago, Jewish-Czech writer and gourmet Joseph Wechsberg visits the medieval Château d'Yquem to sample different years of the “roi des vins” alongside a French connoisseur who had his first taste of wine at age four. Also showcasing an iconic scene from Rex Pickett's Sideways and work by Jancis Robinson, Benjamin Wallace, and McInerney himself, this is an essential volume for any disciple of Bacchus.

This 52-week planner is filled with technique lessons, exercises, and encouragement, so you will be excited to create art every day!

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