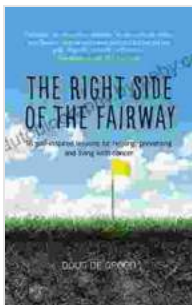


# What Golf Can Teach Us About Living With Cancer: A Journey of Healing, Hope, and Resilience

When David Feherty was diagnosed with cancer, he was scared. He didn't know what the future held, and he was worried about how he would cope with the challenges of the disease.



## The Right Side of the Fairway: What golf can teach us about living with cancer by Doug deGroot

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2815 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 114 pages
Lending	: Enabled



But then Feherty remembered something his father always told him: "Golf is a game of adversity." And just like in golf, Feherty realized that the challenges of cancer could be overcome with the right mindset and the support of others.

In his new book, *What Golf Can Teach Us About Living With Cancer*, Feherty shares his own experience of being diagnosed with cancer, and

how golf helped him to cope with the physical, emotional, and spiritual challenges of the disease.

Feherty's book is not just a story of survival. It is also a story of hope, resilience, and the power of the human spirit. Feherty shows us that even in the face of adversity, it is possible to find joy, meaning, and purpose.

If you or someone you know is living with cancer, I highly recommend reading *What Golf Can Teach Us About Living With Cancer*. Feherty's story is an inspiration, and his insights can help you to cope with the challenges of the disease and live a full and meaningful life.

## **What Golf Can Teach Us About Living With Cancer**

Golf is a game of patience, perseverance, and resilience. It is also a game of hope. And just like in golf, the challenges of cancer can be overcome with the right mindset and the support of others.

Here are some of the things that golf can teach us about living with cancer:

- **Patience:** Cancer is a marathon, not a sprint. It takes time to heal and recover from the disease. There will be setbacks along the way, but it is important to be patient and never give up hope.
- **Perseverance:** Cancer is a tough opponent, but it is not unbeatable. With the right treatment and support, it is possible to overcome the disease and live a full and meaningful life.
- **Resilience:** Cancer can knock you down, but it doesn't have to keep you down. With the right mindset and the support of others, you can

bounce back from the challenges of the disease and live a life that is full of joy and meaning.

- **Hope:** Cancer is a serious disease, but it is not a death sentence. With the advances in modern medicine, more and more people are surviving cancer and living long, healthy lives.

## **How Golf Can Help You Cope With Cancer**

Golf can be a great way to cope with the challenges of cancer. Here are some of the benefits of playing golf for cancer patients:

- **Golf can help to improve your physical health.** Golf is a great way to get exercise, which can help to improve your overall health and well-being. Exercise can also help to reduce stress and anxiety, which can be common side effects of cancer treatment.
- **Golf can help to improve your mental health.** Golf is a great way to relax and de-stress. It can also help to improve your mood and boost your self-esteem.
- **Golf can help you to connect with others.** Golf is a social game, and it can be a great way to meet new people and make friends. Connecting with others can help you to feel supported and less alone during your cancer journey.

## **Finding Hope and Meaning in the Face of Cancer**

Cancer is a life-changing experience. It can be difficult to find hope and meaning in the face of such a serious disease. But it is possible. With the right mindset and the support of others, you can find hope and meaning even in the darkest of times.

Here are some tips for finding hope and meaning:

- **Focus on the present moment.** It can be easy to get caught up in worrying about the future or dwelling on the past. But it is important to focus on the present moment and live each day to the fullest.
- **Find joy in the simple things.** There is still much to enjoy in life, even when you are living with cancer. Take time to appreciate the simple things, such as spending time with loved ones, enjoying a good meal, or reading a book.
- **Help others.** One of the best ways to find hope and meaning is to help others. Volunteering your time or donating to a charity can make a difference in the lives of others, and it can also help you to feel good about yourself.

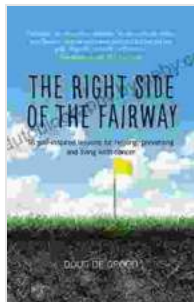
Living with cancer is not easy, but it is possible to find hope and meaning in the face of the disease. With the right mindset and the support of others, you can overcome the challenges of cancer and live a full and meaningful life.

## **About the Author**

David Feherty is a former professional golfer and current golf commentator. He is also the author of several books, including *A Nasty Piece of Work: My Life in Golf* and *An Idiot's Guide to Golf*.

Feherty was diagnosed with cancer in 2017. He underwent surgery and chemotherapy, and he is now in remission. He credits golf with helping him to cope with the challenges of cancer and to find hope and meaning in the face of the disease.

Feherty's story is an inspiration to everyone who is living with cancer. He shows us that even in the face of adversity, it is possible to find joy, meaning, and purpose.



## The Right Side of the Fairway: What golf can teach us about living with cancer by Doug deGroot

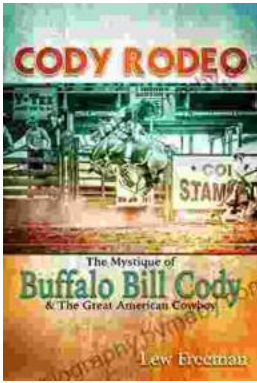
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