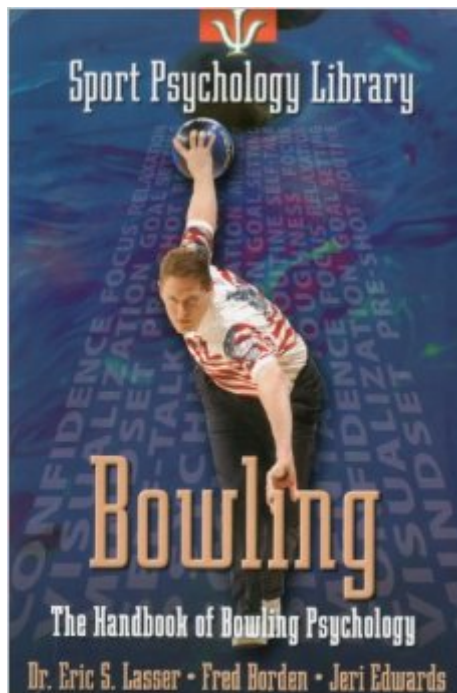


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# Sport Psychology Library: Bowling: The Handbook Of Bowling Psychology



## Synopsis

An indispensable book for the serious and dedicated bowler, this book is designed to push any bowling athlete to the highest level and enable professionals and elite amateurs to perform at their peak. Coauthored by sport psychologist Dr. Eric S. Lasser, Hall of Fame coach Fred Borden, and Team USA Head Coach Jeri Edwards, *Sport Psychology Library: Bowling - The Handbook of Bowling Psychology* provides bowlers with the specific psychological strategies and exercises necessary for that sound mental game, including grace under pressure and an impenetrable focus. Twenty chapters each address key mental aspects of this highly technical and demanding sport. The book is essential reading for anyone who wants to know what it takes to compete at bowling's top level. An invaluable resource for coaches, parents, and bowlers at any stage of their career, this landmark book offers wisdom for life outside the center as well as a blueprint for success on the lanes.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #1,053,063 in Books (See Top 100 in Books) #44 in [Books > Sports & Outdoors > Individual Sports > Bowling](#) #665 in [Books > Sports & Outdoors > Miscellaneous > Sports Psychology](#)

## Customer Reviews

Many bowlers actually know this axiom but fail to do anything about it. This book will give you many avenues to approach your mental game. Many of the mental training techniques covered in this book will work for you....If you actually try them. It is very hard to break old habits but that is what an addict has to do to change. We are all bowling addicts and our old habits can destroy our hopes for a better average. This book is a Lighthouse showing us some of the ways we can get to our goal... I am still reading and re-reading parts of this book... (Old habits die hard..LOL)

I think this is one of the most up to date and detailed bowling books to date. It dives into the mental game aspect of the game and just helps you with the skills that most bowlers will need to take their game to the next level.

When ever you buy a book containing psychology, you think to say "I knew that!", but this book pinpoints the essens of bowling psychology. I've focused on several things that for sure will make me a better bowler.

Very in depth book on all facets of bowling not just the psychological aspects. Has good drills and if the drills are performed, your average will go up.

I purchased this book to help with my bowling, since as a novice bowler, I was dismayed by my embarrassing performance when bowling with friends. I would bowl a strike and then have a string of gutter balls. I found this book really helpful, not just for bowling, but for achieving excellence in other sports. I was able to apply the lessons to other challanging areas in my life. The book gives a comprehensive overview of this incredibly popular sport. The writers have laid out a step by step mental plan of action that accounts for most contingencies and can be used when someone has to psychologically prepare oneself to perform at a high level. The use of acronyms such as RALLY ( react, accept, learn, lean, yes ) and the examples of positive self talk particularly useful.

I am still currently reading this book and it is very good! If you are a professional bowler or a league bowler this book is essential to build your mental game! It will get you through tough pressure situations and open your mind for things that you either have/have not experienced! I really recommend this book to anyone to kick their bowling up the extra notch!

Loved the book. It definitely has good ideas and I learned some new things to try in my game attitude and preparation. I would definitely recommend this book to anyone that wants to get serious about their game and try to strike out on the tournament trail.

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