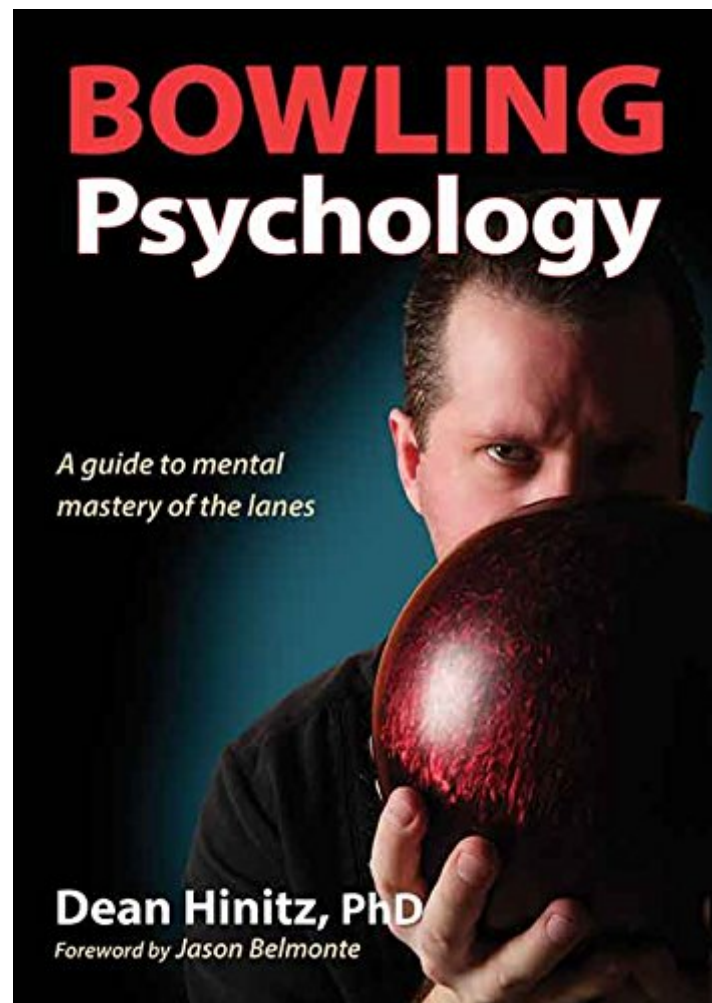




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# Bowling Psychology: A Guide To Mental Mastery Of The Lanes



## Synopsis

As the leading authority on bowling's mental game, Dean Hinitz has worked with the premier players, coaches, and teams in the sport. He has helped countless pros elevate their results, avoid slumps, and overcome stressors affecting performance. He has improved their play, and now he's ready for you. In *Bowling Psychology*, you'll learn the mental strategies for performing your best, day in and day out. From progressive muscle relaxing techniques to positive self-talk and focus cues, you will pick up spares more consistently, improve accuracy, and overcome anxieties. In addition to a foreword written by 2015 PBA Player of the Year Jason Belmonte, *Bowling Psychology* features insights, advice, and anecdotes from bowling's best: Kim Terrell-Kearney, Diandra Asbaty, Carolyn Dorin-Ballard, Rick Steelsmith, Bill O'Neill, Mike Fagan, Gordon Vadakin, Jeri Edwards, Bob Learn, Jr., Amleto Monicelli, Fred Borden, LeAnne Hulsenberg, Del Warren, Del Ballard, Jr., Rod Ross, Tommy Jones, Jr., Jason Couch. Manage pressure, find your focus, and reach your potential. With detailed information on topics including mindfulness training, sensory awareness, and the mind-body connection, *Bowling Psychology* is your all-in-one toolbox for mental mastery of the lanes.

## Book Information

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## Customer Reviews

I've read many books on bowling and subscribed to monthly magazines that always included tips. I've also taken lessons from pro shop owners, house staff and PBA pros. This book gives many good tips on mental attitudes which really are a big part of the game. It's very similar to the technical books and lessons on the sport in that you take away from them what works for you. The book is well organized and written and very easy to understand. For avid bowlers or beginners who want to get serious about the game, it's a good read.

Great Book! Bowling information not found elsewhere! Well worth the price.

Multiple thoughts and ideas that you can relate to, maybe not all of them but enough of them. You can find and identify your mental block and your on your way to block it, overcome it or embrace it.

Best book for bowlers to improve their game with, as a Silver Coach I use many aspects of this book when I am coaching and to my more serious bowlers I recommend that they purchase their own copy to read more than once.

Excellent book on the mental game. I refer to it often!

Great book that will help you set goals and keep distractions from interfering with your athleticism.

Already own the book. Bought these for gifts. Great book.

It started good. Didn't read it all yet, but I feel I love it

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