

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

Series: Sport Psychology Library

Paperback: 373 pages

Publisher: Fitness Info Tech, West Virginia University (April 1, 2006)

Language: English

ISBN-10: 1885693680

ISBN-13: 978-1885693686

Product Dimensions: 6.1 x 0.9 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 15 customer reviews

Best Sellers Rank: #1,213,585 in Books (See Top 100 in Books) #43 in [Books > Sports & Outdoors > Individual Sports > Bowling](#) #817 in [Books > Sports & Outdoors > Miscellaneous > Sports Psychology](#)

Customer Reviews

“This book reveals, teaches, and inspires any and all bowlers to reach to attain their highest potential.” --Chuck Pezzano, Member of 12 Halls of Fame, including PBA and USBC
“This is the Bible of sport psychology for bowling. Its information is invaluable for both individuals and teams.” --Gordon Vadakin, Team USA coach, and Head Coach, Wichita State University
“I wish I had all this information in my prime...I would have achieved even more.” --Anne Marie Duggan, Women's Professional Bowling and USBC Halls of

Fame

Eric S. Lasser, PhD, is a consultant to professional tour bowlers and is renowned for his pioneering applications of sport psychology to bowling. As team psychologist for Team USA and an advisor to pro staffs, he has conducted sport psychology training nationwide for athletes and coaches, and his articles have been read by bowlers around the globe. Fred Borden is widely regarded as the premier coach/educator in the history of bowling. As Team USA head coach, he achieved a long series of successes on the world stage and has continued to provide consultation to top professionals. He was twice the US Olympic Committee's Coach of the Year and is in the USBC Hall of Fame. Jeri Edwards is the first female head coach of Team USA. She initially gained acclaim as a player, achieving success as a collegiate athlete and on the pro tour. Seen regularly in one of the largest bowling magazines in the world, she also appears in a series of educational videos with Fred Borden.

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)

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.

given as a gift

Helped me understand prepping mentally for the shot, game, league and tournaments. A good book with side stories that keep it from being just a book that says "concentrate".

good

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!

A must for anyone who is serious about bowling and wants to improve the mental aspects of their game.

It's realistic for bowling or any sport, a structured plan of action and contemplation. It resembles Olympic committee mental training.

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