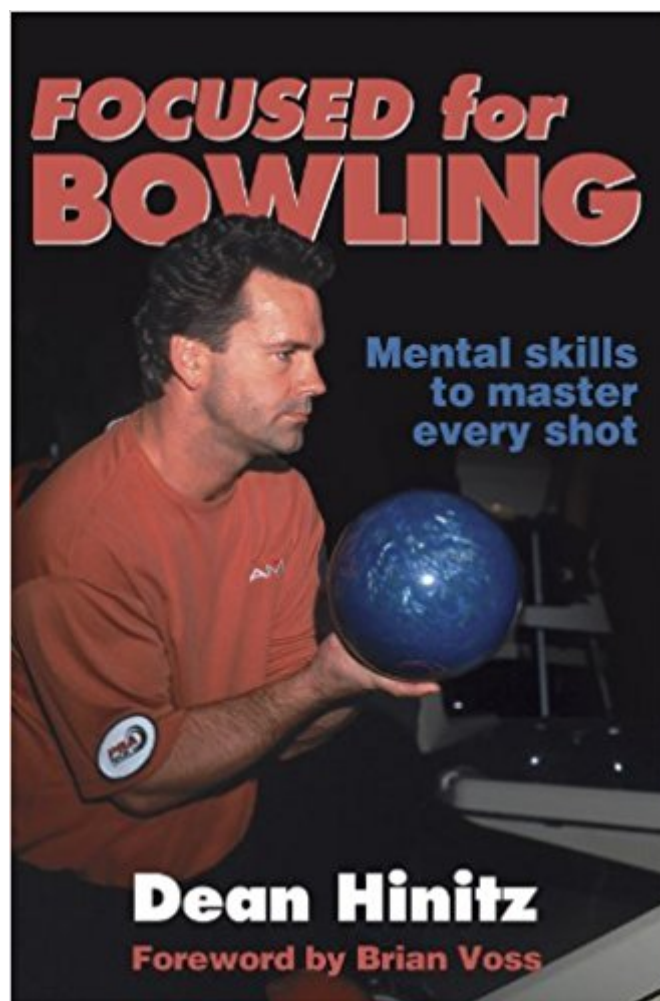


The book was found

Focused For Bowling



Synopsis

It's the final frame. The score is tight. Everything hinges on your very next throw. How do you rise above the din and the distractions to take your seat at the top? The pressures of the game can make bowling one of the most mentally demanding sports around. In *Focused for Bowling*, you'll discover focus cues and other attention-centering techniques that can transform your game and keep you from making careless mistakes at critical points. Learn the concepts that professionals use to keep their head in the game when everything is riding on the line. *Focused for Bowling* provides proven advice to help you pick up spares more consistently, recover from and avoid slumps, and get more satisfaction from each trip to the alley. From progressive muscle-relaxation techniques to positive self-talk, *Focused for Bowling* gives you the mental edge you need to make the transition from social bowling to the competitive scene. Considered the leading authority on bowling psychology, Dean Hinitz is a regular columnist in *Bowling This Month*. To pick up your game, pick up this book and see why some of the country's most elite competitors trust Hinitz to give them the advice they need for more accurate, confident, and consistent performance when the pressure is on!

Book Information

Paperback: 184 pages

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Product Dimensions: 9.2 x 6.1 x 0.4 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.6 out of 5 stars 21 customer reviews

Best Sellers Rank: #410,180 in Books (See Top 100 in Books) #11 in Books > Sports & Outdoors > Individual Sports > Bowling #5108 in Books > Humor & Entertainment > Puzzles & Games #184885 in Books > Literature & Fiction

Customer Reviews

Dean Hinitz is considered the leading authority on bowling psychology. He works with several elite competitors, including many champions in the Professional Bowling Association and the Professional Women's Bowling Association. Hinitz is also a regular guest speaker at the highly regarded International Bowling Academy Super Schools and writes a monthly column for *Bowling*

This Month. He is a member of the Nevada State Board of Psychological Examiners and the Nevada State Psychological Association. Hinitz received his undergraduate degree at the University of Minnesota and his PhD in psychology at the University of Nevada. He resides in Reno, Nevada with his wife, Amy Bay-Hinitz. He is the chief of psychology at West Hills Hospital in Reno.

My bowling game had hit rock bottom and I could tell it was mostly mental. I had lost all confidence. I was desperate so I decided to give this book a shot. Well since I have read this book I have had two good nights and two bad nights, so the results are a wash. However, after my bad nights instead of being frustrated and angry at myself I am now focusing on what I did right and visualizing being more consistent. Will it work in the long run? I don't know but it is nice going home and not wanting to "kick the cat" so to speak. I have not fully tried all the exercises this book instructs but I believe if I really practiced what this book preaches my game would improve significantly. If you're in a slump give this book a try, it will not hurt.

I always thought I didn't need a book on the mental game of bowling until a friend of mind let me read his copy. I can see the improvement in my mental game already.

An excellent read for bowlers amateur and professional!

Recommend this book to anyone wanting to go to the next level

Daughter ordered she is very into all the mechanics of bowling and this is a helpful tool

This book Rocks!!! I learned stuff I could never imagine about bowling technique and performance issues, reading lanes and perfecting and honing your shot.

i enjoyed the reading and the tips in this book are easy to apply to your game. my mental game is really improving as i hoped.

Although I've bowled in local tours 40 years I was still able to pick up some new ideas. I passed it on to a younger bowler who really enjoyed it.

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