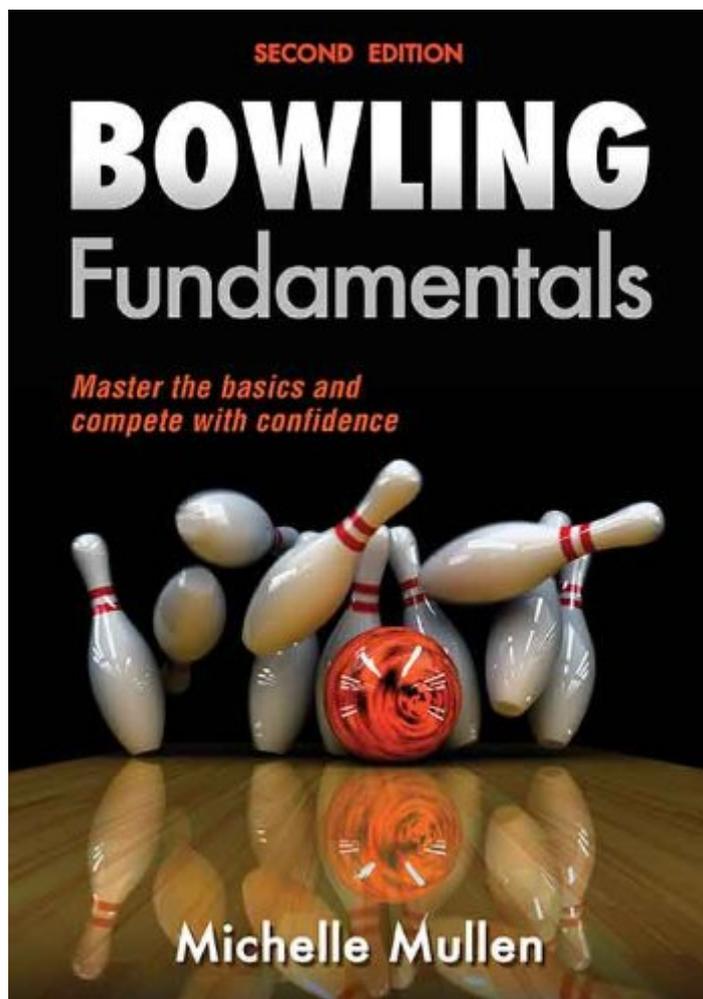


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# Bowling Fundamentals, 2E



## Synopsis

One of the world's most highly sought-after bowling instructors provides bowlers with comprehensive coverage on the essential equipment, techniques, lane play and spare-shooting strategies, and mental training necessary for success on the lanes. With specific information for both right-handed and left-handed bowlers, this is a one-of-kind book to help you bowl better!

## Book Information

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## Customer Reviews

While far from being a pro, my son and I did bowl on a league together for several years and I still bowl whenever opportunity arises. A coach was on hand to give advice and it helped a great deal. So I believe that I know a little about the basics - but Bowling Fundamentals upped my skills significantly (the author notes that the book is targeted to both recreational and competitive bowlers). While I still have a long way to go before I'd feel comfortable participating in anything more than beginning and possibly some low level intermediate tournaments, I now feel more confident and my scores are higher. Here's what the book covers as well as some of the strong points: If you happen to own the first edition of this book, the second edition is updated with newer shooting strategies for spares, including a system that bypasses the necessity of considering lane conditions. That is a huge plus as far as I'm concerned. There's also an added chapter focusing on the "mental

game", those patterns of thinking which stand in the way of successful bowling (the author acknowledges that this may be "necessary but not easy"). I found her chapter on the mental game to be crucial for my game, although I'm still working on expanding my comfort zone to different bowling alleys, lanes, and lane conditions. I tend to prefer my favorite bowling centers but have found that it helped to experience different ones. When I returned to my preferred alleys my scores were higher. That was a pleasant surprise. I can't list all of the techniques Mullen covers but some of the mental processes include: channeling focus, visualization scenarios, using the same rituals for picking up the ball and setting a stance, committing to a strategy, etc.

At first glance *Bowling Fundamentals, Second Edition* would appear to be an excellent book for the beginning bowler. This is absolutely correct. However, if you are an advanced bowler don't think this book has nothing to offer you. It has a wealth of knowledge and insight that anyone, at any level in their bowling career, can use and appreciate to help them. What is excellent about this book is the way the chapters are laid out in a systematic way. The beginning chapters feature content, photographs, and illustrations that are designed to help the vast majority of novice and beginning bowlers. Each succeeding chapter builds on lessons in the prior chapters, which in my opinion; make this book an excellent tool and resource for bowlers of all levels. The book starts out with one of the most important parts of bowling, but often the part that the beginning bowler thinks about the least, bowling ball fit. Anyone who reads this will understand the vital role that bowling ball fit plays in bowling your best. Each succeeding chapter builds on this in a step by step manner addressing ball fit, ball types, stance, approach and timing, finish, arm swing, finish position, and release, just to name a few highlights. A lot of excellent information is presented. So much so that you will find yourself going over these sections again and again, depending on what part of your game you are working on. Learning how to actually deliver the ball is only half the battle in bowling. There is a little something between you and the pins and that is the oil on the lane meant to protect the lane but also create an opportunity to increase or decrease difficulty in achieving high scores. Learning the best possible way to play the lane is so important that two chapters are devoted to it.

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