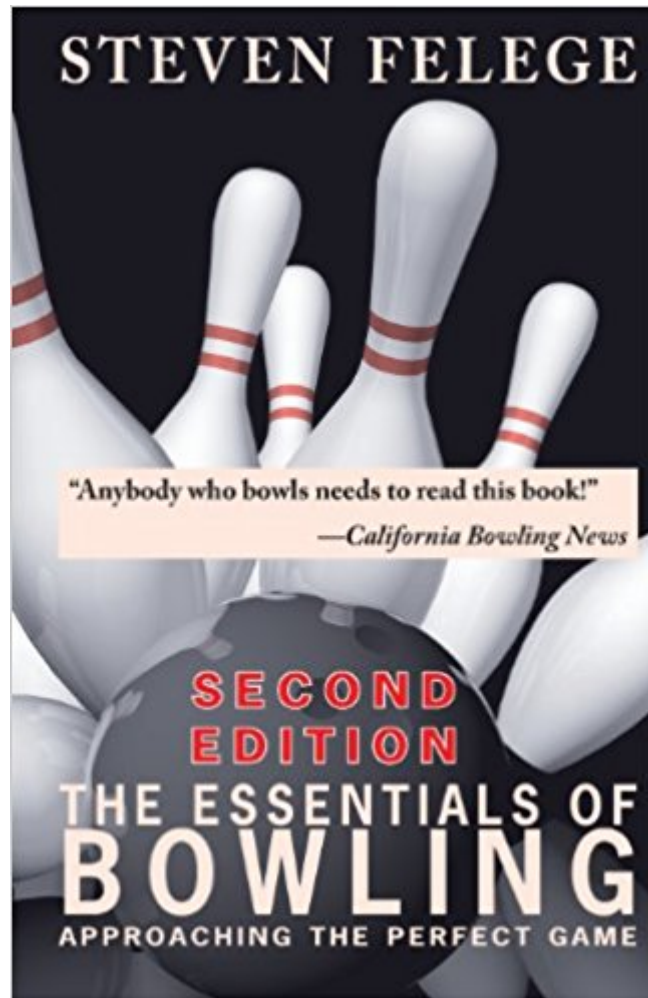




The book was found

# The Essentials Of Bowling



## Synopsis

The Essentials of Bowling was written specifically for bowlers who are tired of carrying the same average year after year. It is the first book of it's kind to explain the simplicity of basic bowling theory; the universal principals which determine successful technique. It clearly explains how anyone can adjust their techniques to obey those principals. Loaded with valuable tips, secrets, and illustrations which lead to higher scoring potential. A 'MUST READ" for bowlers, new and experienced, who have never received the benefit of personal instruction. The California Bowling News says:"Anybody who bowls needs to read this book! It WILL make you a better bowler!"

## Book Information

Paperback: 80 pages

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Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 10 customer reviews

Best Sellers Rank: #2,649,873 in Books (See Top 100 in Books) #93 in Books > Sports & Outdoors > Individual Sports > Bowling

## Customer Reviews

First certified as a bowling instructor over 35 years ago, Steve brings a unique perspective to the subject of bowling instruction. An award-winning, Hall-of-Fame bowler, he has combined years of bowling/coaching experience, scientific training (BS, Penn State, 1975), and a healthy dose of "common sense" to create this instructional manual. The Essentials of Bowling reflects his philosophy that becoming a respectable bowler requires the development of simple, basic skills. Since there is nothing "natural" about bowling, those skills must be borrowed from other aspects of life, then adapted, refined, and applied to our favorite sport. When asked, "Why did you write this book?" his reply is: "Because I couldn't find it in any book store. Bowling is as much a mental game as it is physical and nobody is teaching that. I just thought that someone should." --This text refers to an out of print or unavailable edition of this title.

I'm a "beginning bowler" as I haven't bowled in 50 yrs. This book is concise only being 70 pages of

and covers the "meat" of the meal in a very understandable way. Has good basic drawings to further explain the techniques . I would recommend for all levels with possible exception of professionals.

I didn't realize I was actually doing things backwards and the opposite of what I thought it was and trying to force the ball down the lane as hard as I could .... all wrong. And I'm still trying to learn how to hook better.

Well written and easy to follow..carry it with to the alley because the photos and sketches can be used while bowling leagues.

Although this book was short it was an interesting view on fundamentals. I would recommend it for someone looking to tweek their game.

This book easy to read and if you are an experienced bowler, it has the common sense approach to bo

First of all, if you want to improve or even get started bowling, take a few lessons with a qualified coach and get some idea of the basics. Nothing is better than having an experienced coach see how you actually bowl and correct your form. Your arm and hand will thank you. That said, though most competent coaches go over the same things mentioned in the book, the system explained here can help you to remember. It's a short book all about the approach, making spares and basic adjustments. It emphasizes accuracy instead of power. It is written clearly and straight forward, with some interesting and entertaining points. If you're missing your target, dropping the ball etc. wondering what you forgot to do, this book helps.

A book that suggest the author spent a long time studying how to present the information. Saves reader the need to sort through a lot of details to understand message. Clear, to the point. If this doesn't help a bowler gain consistency not sure anything will.

If you are looking for a book to push your 220 average to the next level - this isn't it.If you are looking to fix the one good game, one bad game, one o.k. game set or move your 160 average to 180 or 200 this is the book for you. Short book, no B.S. approach easy to implement. A little pricey but worth it if you can share amongst your team.

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