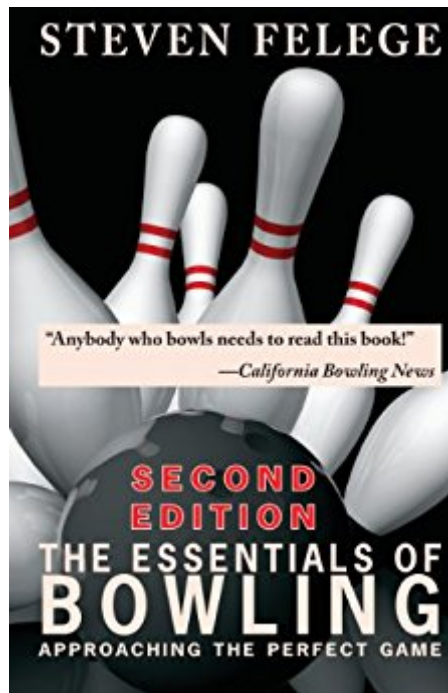


The book was found

The Essentials Of Bowling, Second Edition: Approaching The Perfect Game



Synopsis

Finally! A book that answers the question every bowler asks: "Hey, coach, what am I doing wrong?" In *The Essentials of Bowling* you'll find clearly explained instructions for improving every aspect of your game. You'll learn techniques you can practice at home that will help you deliver consistent, repeatable, high-quality shots under all conditions and in every situation. This brief but comprehensive book will make you a better bowler. STEVEN FELEGE is a Hall-of-Fame bowler and has been a certified instructor for over 35 years. His unique approach to coaching comes from years of experience, a scientific mindset, and a healthy dose of common sense. *The Essentials of Bowling* reflects Steve's philosophy that bowling is both physically and mentally demanding, but improving is much easier than most people realize. It boils down to learning the basics that govern success for everyone. Unable to locate a manual which taught these basics clearly and concisely, he decided it was time somebody wrote one. Here it is.

Book Information

File Size: 1489 KB

Print Length: 72 pages

Publisher: King Pin Publishing; 1 edition (June 24, 2012)

Publication Date: June 24, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008HJX0P8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #521,416 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Bowling #36

in Books > Sports & Outdoors > Individual Sports > Bowling #557 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors

Customer Reviews

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.

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.

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

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.

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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