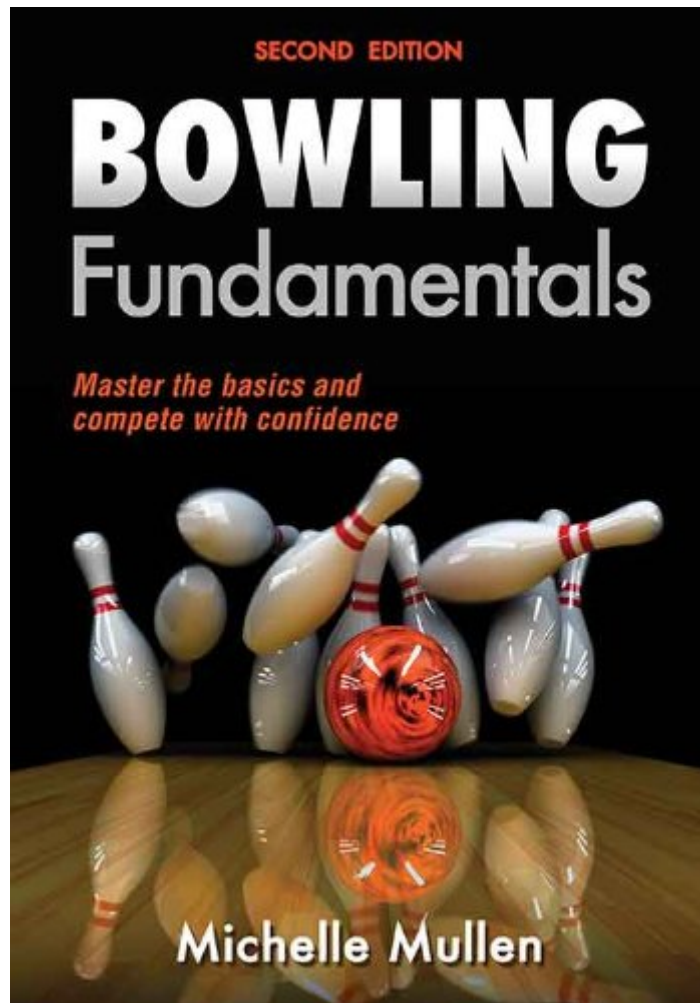




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# Bowling Fundamentals, 2E



## 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

I have been bowling occasionally all my life. Have always loved it and at 58 yrs old said to myself "I want learn how to bowl like a real bowler." I bought a ball, shoes, this book and some lessons. Let me tell you that this book is so jam packed with good information that it should sell for double the price. Oops! Sorry future customers. Really, I am at square 2 of 10 and developing due to my lessons and the book, but my understanding of bowling as a physical art vs a "chuck it and hope" game is due to this book. Thank you Michelle for a well written, understandable and useful guide to learning to bowl.

I have learned a ton by reading this book. The folks at the bowling alley laugh because of all the

yellow highlights I have in it. My game has improved and I can't believe how much I was doing wrong. The book is easy to understand and well written. It's a perfect book for anyone wanting to improve their game or just learn more about the different aspects of bowling.

Early timing and Late timing are explained and depicted on p.35 and p.36. Other books talk about it as you're supposed to know what early and late timing is! Also finish should be at 1:00 o'clock (right-handed) or 11:00 o'clock (left-handed). Also a good tip, your weight should be centered over your base, with your weight slightly on your non starting foot. This book is well written and covers all the basics of bowling. A very good reference, I highly recommend it.

I had to get the 2nd edition to get updated on reactive and newer balls and techniques as I was getting back into bowling after many years of not participating. I've had the 1st edition which is very informative and well organized, for many years. So I knew the 2nd edition would be as well written and informative as the 1st edition and bring me up to date on the newer balls and equipment. A must own for any bowler wanting to improve their game as just one bit of information can transform your game.

This is a useful text. Of course, the writer has to cover all types of bowlers and all knowledge levels and all parts of bowling. This leaves it a bit repetitive, simplistic and general. But I don't see how to get around that. In the end, it is a useful guide in its own right, and a useful adjunct to one-on-one lessons. Thus, well worth the buying!

I started up bowling again after 40 years and this book was a great refresher for me. The sport has changed quite a bit since I last bowled and this book quickly brought me up to speed. I highly recommend this book.

Has a lot of helpful hints in bowling for all ages.

A very well written instructional manual. Lots of good tips and how to not only use the information given but also how to overcome the "old habits". This is an old dog with ingrained habit who has already learned some new tricks and improved his delivery and pin count just by practicing what has been preached. I highly recommend this book for old timers as well as beginners to what can be a lifetime sport. One of my team members (91 years young) just had a 503 series last week.. Hope I

can do as well at his age.

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