



## Bowling: The Handbook of Bowling Psychology

*Bowling: The Handbook of Bowling Psychology*, by Dr. Eric S. Lasser, Fred Borden, and Jeri Edwards. Published by Fitness Information Technology. Copyright 2006. 359 pages. ISBN: 1885693680 (soft cover), \$30 (\$29.95 at [amazon.com](http://amazon.com)).

Team USA coach Ken Yokobosky poses the following question at the start of Chapter 1: "Ask yourself, 'Am I as committed to working on my mental game as I am to my physical game?'"

If your answer is *yes*, and you are serious and committed to taking your game to the next level, then *Bowling: The Handbook of Bowling Psychology*, a volume in the Sport Psychology Library series, is a must read and an excellent choice to add

to your collection of bowling instructional books. The book provides a road-map for success in the sport of bowling in five key areas—executing proper physical movements (the physical game), knowing the equipment, adjusting to the lane or playing surface, the mental game, and physical conditioning. The book's approach is to teach bowling's mental game in a sequence very much in the way you might prepare for competition.

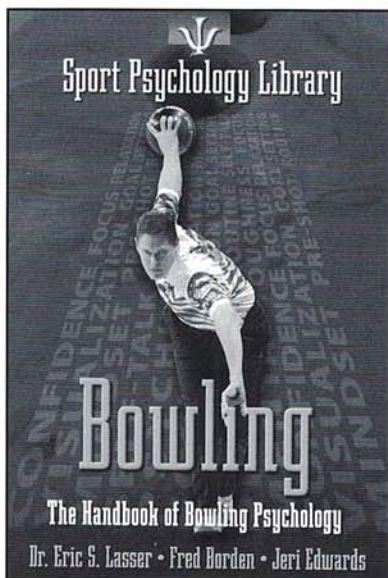
I particularly liked the approach offered whereby before you begin your preparation, you develop a master plan for your skill development that focuses on the five key areas mentioned above. Make your practice/training a quality effort by setting up performance goals by which you can measure and monitor your progress. The authors—sport psychologist Dr. Eric S. Lasser, Hall of Fame coach Fred Borden, and Team USA Head Coach Jeri Edwards—have made a great contribution to the sport by writing this book that is long overdue and will serve as a very relevant bowling resource. Throughout its 20 chapters, you will find helpful techniques, strategies, self-evaluations, and exercises to improve concentration and consistency and ways to make sure that mental training is incorporated in your practice sessions. From pre-shot routines to handling distractions and disappointments during competition, whether it's tournaments, league play,

**Regardless of your level of bowling experience, you will benefit greatly from having this book as a resource tool.**

or in everyday life, you will be saturated with useful and valuable information that certainly addresses all aspects of situations that affect mental preparation. There also are illustrations and inspirational stories of various bowlers, including PBA titlists Patrick Healey Jr. and Chris Barnes, former U.S. National Amateur Champion and three-time Team USA member Debbie Kuhn, and Jeremy Sonnenfeld, who rolled the first certified 900 series, just to list a few, and how they were able to use these techniques to achieve their goals.

Kuhn, for instance, plays music in her head

See **ELMORE**, page 16



### TABLE OF CONTENTS

#### Prologue

*The Sport of Bowling: A True Test of Mental and Physical Skills*

#### Introduction

*Blueprint for Victory: How Team USA Won the World Team Challenge*

#### Part I: The Fast Lane to Bowling Excellence

##### *Steps to the Day of Competition*

Chapter 1: Developing Your Skills

Chapter 2: The ABCs of Quality Practice

Chapter 3: Moving Ahead by Setting Goals

Chapter 4: Mental Practice for Optimal Training

#### Part II: Game Face Time

##### *Routines Before and During Competition*

Chapter 5: Pre-Game Preparation

Chapter 6: Pre-Shot Preparation

#### Part III: Bowling Your Best

##### *Keys to Peak Performance*

Chapter 7: Maintaining Positive Perspective I: Confidence

Chapter 8: Maintaining Positive Perspective II: Positive Ideas

Chapter 9: Maintaining Positive Perspective III: Self-Acceptance

Chapter 10: Handling Performance Ups and Downs

Chapter 11: How to Cope with Distractions

Chapter 12: What You Need to Know about Pressure

Chapter 13: Coming through in Clutch Situations: Relaxation

Chapter 14: Scoring in the Clutch: Beyond Relaxation

Chapter 15: Dealing Effectively with Competition Results

#### Part IV: Advanced Strategies for Tough Challenges

##### *Answers to Bowlers' Questions*

Chapter 16: Raising Your Game: Psyching Up to Zoning In

Chapter 17: Conquering Psych-Outs and Other Interpersonal Challenges

#### Part V: Team and Family

##### *Tips for Athletes, Coaches, and Parents*

Chapter 18: Keys to Sharing Information in Team Play

Chapter 19: Building a Winner through Team Support

Chapter 20: Bowling: The Family Sport

#### Epilogue

##### *Glory in Havana*

*Putting It All Together: A Model for Bowling for Bowling Success*

## ELMORE, from page 11

to relax before every shot, while Sonnenfeld credits breathing for relaxation, pre-shot routine, self-talk, and self-acceptance and other psychological skills that helped him handle clutch circumstances during his 900 series.

The question and answers format in Part IV is an excellent resource of some very effective approaches for dealing with situations such as difficult lane conditions, distractions, and challenges that involve others. For the women and senior bowlers, I was particularly pleased at the special attention given to the bowling issues and concerns of these two groups. While the entire book addresses a wide range of considerations that affect both genders, it was good to see a distinct identification of the issues that specifically affect women.

Regardless of your level of bowling experience, you will benefit greatly from having this book as a resource tool. Read it, then read it again, but more importantly, refer to it often and start applying the techniques and see the improvements take shape.

---

*Lynn Elmore is a member of the NCAUSBCA Hall of Fame.*