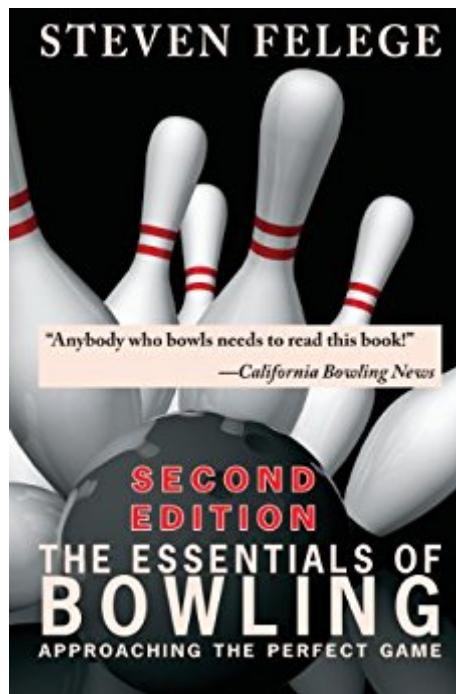


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# The Essentials Of Bowling, Second Edition: Approaching The Perfect Game



## **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**

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## **Customer Reviews**

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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