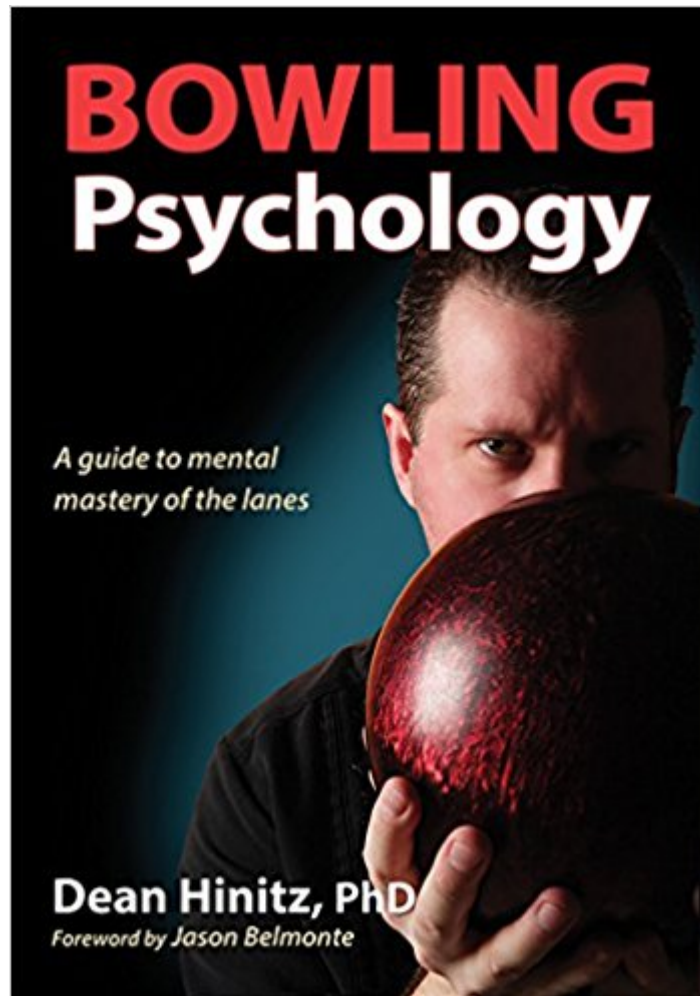




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Bowling Psychology



Synopsis

As the leading authority on bowling's mental game, Dean Hinitz has worked with the premier players, coaches, and teams in the sport. He's helped countless pros elevate their scores, avoid slumps, and overcome stressors impacting performance. He's improved their play, now he's ready for you. In *Bowling Psychology*, you'll learn the mental strategies to perform your best, day in day out. From progressive muscle relaxing techniques to positive self-talk and focus cues, you will pick up spares more consistently, improve accuracy, and overcome anxieties. You'll also find invaluable insights, advice, and anecdotes from bowling's best, including: Kim Terrell-Kearney Jason Belmonte Diandra Asbaty Carolyn Dorin-Ballard Rick Steelsmith Jason Belmonte Bill O'Neil Mike Fagan Gordon Vadakin Jeri Edwards Bob Learn, Jr. Amleto Monicelli Fred Borden LeAnne Hulsenberg Del Warren Del Ballard, Jr. Rod Ross Tommy Jones, Jr. Jason Couch Manage pressure, find your focus, and reach your full potential With detailed information on topics including mindfulness training, sensory awareness, and the body-mind connection, *Bowling Psychology* is your all in one toolbox for mental mastery of the lanes.

Book Information

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Customer Reviews

"Bowling Psychology is for those who want to take their game to the next level. I have known Dean for many years, and I have steadfastly used his mental-training techniques with my

collegiate bowlers to achieve championship results. I recommend this book to any bowler who is looking to gain a mental edge at any level of competition.

• Gordon Vadakin-- Head Bowling Coach, Shocker Bowling, Wichita State University

“For many years, Dr. Hinitz gave my teams tremendous support and advice on improving our mental game. I truly believe that without his guidance my bowling team at UMES would not have achieved the success we had. He has also been instrumental in assisting teams at Georgetown University. Having the mental edge is what sets top bowlers apart from the rest, and Bowling Psychology provides competitive bowlers with mind-game strategies to excel on the lanes.

• Sharon Brummell-- Senior Associate Athletic Director for Business and Finance, Georgetown University, Former Head Coach, University of Maryland Eastern Shore, Three-Time NCAA National Champions, USBC National Champions

Dean Hinitz, PhD, has been practicing sport psychology for more than 30 years. He is the sport psychologist for the U.S. bowling team, with facilities at the International Training and Research Center at USBC headquarters in Arlington, Texas, previously training at the United States Olympic Training Center in Colorado Springs. He is the lead mental game consultant in revising the curriculum for the United States Bowling Congress Gold Coaching Program. Hinitz has been the consulting sport psychologist for esteemed bowling programs at Wichita State University, University of Maryland Eastern Shore, Robert Morris University, and Webber International University—all of which have won national championships. He is the consulting psychologist for the Trevino Golf Institute and has consulted to the gymnastics team at the University of Minnesota as well as to the men's basketball and baseball teams and the women's volleyball and basketball teams at the University of Maryland Eastern Shore. He is also a consultant to the athletic department at Georgetown University in Washington, DC. Hinitz has worked with numerous champions on the men's and women's pro bowling tours as well as with many amateur champions. For more than 10 years, he was a staff writer for *Bowling This Month*. He is considered by many to be the leading authority worldwide on the mental game of bowling. Hinitz earned his PhD in psychology from the University of Nevada at Reno, where he is an adjunct professor. He is a former governor's appointee to the Nevada State Board of Psychological Examiners and was previously the chief of psychology at West Hills Hospital in Reno. Hinitz maintains a private practice in Reno.

I've read many books on bowling and subscribed to monthly magazines that always included tips. I've also taken lessons from pro shop owners, house staff and PBA pros. This book gives many

good tips on mental attitudes which really are a big part of the game. It's very similar to the technical books and lessons on the sport in that you take away from them what works for you. The book is well organized and written and very easy to understand. For avid bowlers or beginners who want to get serious about the game, it's a good read.

Great Book! Bowling information not found elsewhere! Well worth the price.

Multiple thoughts and ideas that you can relate to, maybe not all of them but enough of them. You can find and identify your mental block and your on your way to block it, overcome it or embrace it.

Best book for bowlers to improve their game with, as a Silver Coach I use many aspects of this book when I am coaching and to my more serious bowlers I recommend that they purchase their own copy to read more than once.

Excellent book on the mental game. I refer to it often!

Great book that will help you set goals and keep distractions from interfering with your athleticism.

Already own the book. Bought these for gifts. Great book.

It started good. Didn't read it all yet, but I feel I love it

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