

Recommended Book: The Handbook of Bowling Psychology

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Periodically, I will recommend specific resources that become available to players and coaches. This sport psychology book is a must have for the serious bowler or coach. It provides a complete blueprint for developing the mental skill set of the serious bowler. [Click to see the table of contents and more.](#)

The Handbook of Bowling Psychology As a coach and bowler, I strongly recommend this book for all bowlers and coaches who want a mental skills building resource. Specifically, this is the most extensive mental skills building book for bowling ever written. It is a must have for all bowlers interested in taking the next steps to the elite level.

Sport Psychology Library:

BowlingThe Handbook of Bowling Psychology Author/Editor:Eric S. Lasser Fred Borden Jeri Edwards ISBN: 9781885693686Copyright: 2006List Price: \$29.95Binding: PaperbackPages: 373 Sport Psychology Library: Bowling(*
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Table of Contents Chapter 1: Developing Your SkillsChapter 2: The ABCs of Quality PracticeChapter 3: Moving Ahead of Goal SettingChapter 4: Mental Practice for Optimal TrainingChapter 5: Pre-Game PreparationChapter 6: Pre-Shot PreparationChapter 7: Maintaining Postive Perspective I: ConfidenceChapter 8: Maintaining Positive Perspective II: Positive IdeasChapter 9: Maintaining Positive Perspective III: Self-AcceptanceChapter 10: Handling Performance Ups and DownsChapter 11: How to Cope with DistractionsChapter 12: What You Need to Know About PressureChapter 13: Coming Through in Clutch Situations: RelaxationChapter 14: Scoring in the Clutch: Beyond RelaxationChapter 15: Dealing Effectively with Competitive ResultsChapter 16: Raising Your Game: Psyching Up to Zoning InChapter 17: Conquering Psych-Outs and Other Interpersonal ChallengesChapter 18: Keys to Sharing Information in Team PlayChapter 19: Building a Winner Through Team SupportChapter 20: Bowling: The Family Sport From the publisher: "An indispensable book for the serious and dedicated bowler, designed to push any bowling athlete to the highest level and enable professionals and elite amateurs to perform at their peak. Coauthored by sport psychologist Dr. Eric S. Lasser, Hall of Fame coach Fred Borden, and Team USA Head Coach Jeri Edwards, Sport Psychology Library: Bowling - The Handbook of Bowling Psychology provides bowlers with the specific psychological strategies and exercises necessary for that sound mental game, including grace under pressure and an impenetrable focus. Twenty chapters each address key mental aspects of this highly technical and demanding sport. The Handbook is essential reading for anyone who wants to know what it takes to compete at bowling's topmost level. An invaluable resource for coaches, parents, and bowlers at any stage of their career, this landmark book offers wisdom for life outside the center as well as a blueprint for success on the lanes."