

## How Important Is the Mental Game?

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In my latest Slowinski at-large column, in Bowling This Month's February 2008 issue, *How Important Is the Mental Game? Are You 100% Committed When Competing?*, I share with readers two case studies illustrating the importance of the mental game in improving performance. In the first case study, I analyze the mental game of Todd Book, winner of the 2007 Tour Trials. In the second, I share the story of an elite youth bowler in Malaysia who transformed his performance at an important international event with an increased dedication to the mental game. Finally, I share with readers my 7-step pre-shot routine which has been used successfully in maximizing scoring consistency and reducing emotional inconsistencies. After reading this articles and learning about these cases, I think you will agree that the mental game is a key to success at the highest levels of our sport.

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