

# The Effectiveness of the 3-Point Targeting with Quiet Eye System

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In the November 2008 Slowinski at-large column, I share with readers how effective the 3-Point Targeting with Quiet Eye system is when bowlers implement it correctly. Through the use of before and after C.A.T.S. data, the system has proven to increase a bowler's accuracy in a remarkable and immediate way.

In addition, I provide readers with a detailed discussion of the current iteration of the system. This will help you master the use of the 3-Point Targeting with Quiet Eye system.

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