

## Avoid the Choke: Practice Techniques to Wipe Out Stress

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In my January 2009 Bowling This Month article, I introduce readers to the negative impact of stress and anxiety on performance. These realities are often over-looked when attempting to improve one's game. But, the truth of this evidence reveals that bowlers will not improve unless they make a proactive effort to improve their mental game, especially in recognition of stress and reducing anxiety. In closing, I discuss some easy-to-use techniques to reduce stress. This is an important article for those who are bowling at a high level and want to improve.

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