

# The Link Between Social Support and Enhanced Performance: How to Use it For Your Advantage

Contributed by Joe Slowinski  
Saturday, 09 January 2010  
Last Updated Saturday, 09 January 2010

In the January 2010 Slowinski at-large, I share with readers the research on how the social support of a player translates to improved performance on the lanes. This is an incredibly important aspect of becoming the best you can be.

[Click here to download the article \(1.1 MB\)](#)