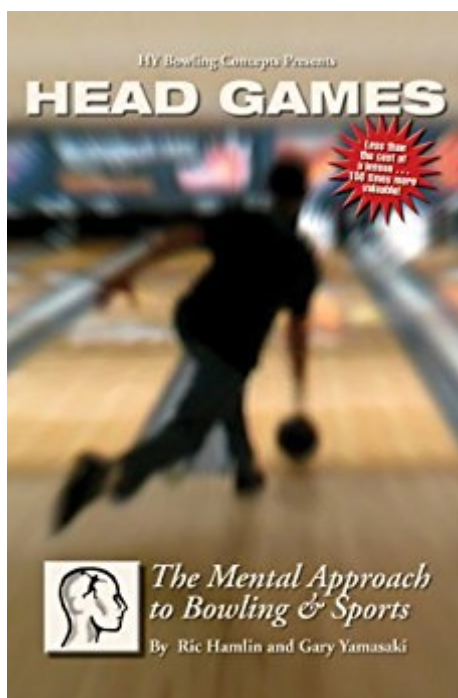


The book was found

Head Games: The Mental Approach To Bowling & Sports



Synopsis

HEAD GAMES is a compilation of Ric Hamlin and Gary Yamasaki's experience and focuses on the often over-looked mental side of bowling. This book is intended for all levels of bowlers -- from those just starting out to the elite competitors. Ric and Gary's unique experience from having competed at every level as well as working with a wide range of bowlers gives a perspective that should be approachable by all bowlers.

Book Information

File Size: 1928 KB

Print Length: 68 pages

Publisher: HY Bowling Concepts (November 26, 2013)

Publication Date: November 26, 2013

Language: English

ASIN: B00GYGJC12

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,007,506 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Bowling #64

in Books > Sports & Outdoors > Individual Sports > Bowling #1160 in Kindle Store > Kindle

Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors

Customer Reviews

This book is a good read for those who, like myself, struggle with the mental aspect of any sport let alone bowling. I agree with its ultimate premise: the simpler we make things, then the better off we are.

It is refreshing to finally see in actual black and white that patterns of today have diminished the abilities and creativities of bowlers. I am also appreciative of both Gary and Ric focusing on being the best I can be not someone else. A must have for EVERY athlete!

A good read with good information.

Easy read with very practical applications. Great for bowlers at any level, and could be used for other sports as well. Best money spent on a book in a long time!

Must have if you're serious about bowling.

Great book. Made me realize my mental approach to the game needs a lot of work. I recommend for any level of bowler.

This book covers a very basic grasp of the mental approach. It is somewhat verbose with little or no practical guidelines or mental exercises. Overall too abstract and not enough function.

Very informative very intelligently written. Will recommend to many of my friends. Will read over and over and over again.

[Download to continue reading...](#)

Bowling: A Complete Bowling Guide On: Bowling for Beginners- Bowling Fundamentals- Bowling Tips- Bowling for Dummies (Bowling, Bowling Basics, Bowling ... Bowling like a pro, bowling tips) Bowling: Bowling Box Set (2 in 1): Bowling for Beginners, Bowling Basics & Fundamentals - A Complete Bowling Guide (Bowling, Bowling Basics, Bowling Fundamentals, ... Bowling like a pro, bowling tips, Bowl) Bowling: The Absolute Beginners Guide to Bowling: Bowling Tips to Build Fundamentals and Execution Like a Pro in 7 Days or Less (Bowling Basics, Bowling Fundamentals, Bowling Tips, Bowling Execution) Bowling - Step By Step Guide For A Beginner To Learn The Fundamentals Of Bowling (Bowling fundamentals, Bowling Tips, Bowling Basics, Bowling Professional, Bowling Technique) Head Games: The Mental Approach to Bowling & Sports Bowling Score Book: A Bowling Score Keeper for League Bowlers (Bowling Record Year Books, Pads and Score Keepers for Personal and Team Records) Bowling Psychology: How to Master the Mental Game of Bowling Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scramble, Unscramble Word) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More Travel Games for Adults: Coloring, Games, Puzzles and Trivia: Featuring Over 60 Activities including Group Games, Games for Two, Scavenger Hunts, ... Word Search, Word Scramble and more Bowling Score Book:

A Bowling Score Keeper for Serious Bowlers Ultimate Guide to Weight Training for Bowling
(Ultimate Guide to Weight Training: Bowling) Bowling for the Intermediate Player: The Fast Track to
Bowling a Great Game Sport Psychology Library: Bowling: The Handbook of Bowling Psychology
ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults,
ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your
Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to
Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Skateboarding: How It Works
(Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids))
Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports
(Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports)
(The Science of Sports (Sports Illustrated for Kids)) Brain Games for Dogs: Training, Tricks and
Activities for your Dogâ€™s Physical and Mental wellness(Dog training, Puppy training, Pet training
books, Puppy ... games for dogs, How to train a dog Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)