



Bowling Psychology

Dean Hinitz

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As the leading authority on bowling's mental game, Dean Hinitz has worked with the premier players, coaches, and teams in the sport. He's helped countless pros elevate their scores, avoid slumps, and overcome stressors impacting performance. He's improved their play, now he's ready for you.

In *Bowling Psychology*, you'll learn the mental strategies to perform your best, day in day out. From progressive muscle relaxing techniques to positive self-talk and focus cues, you will pick up spares more consistently, improve accuracy, and overcome anxieties.

You'll also find invaluable insights, advice, and anecdotes from bowling's best, including:

- Kim Terrell-Kearney
- Jason Belmonte
- Diandra Asbaty
- Carolyn Dorin-Ballard
- Rick Steelsmith
- Bill O'Neil
- Mike Fagan
- Gordon Vadakin
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- Del Warren
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- Rod Ross
- Tommy Jones, Jr.
- Jason Couch

Manage pressure, find your focus, and reach your full potential With detailed information on topics including mindfulness training, sensory awareness, and the body–mind connection, *Bowling Psychology* is your all in one toolbox for mental mastery of the lanes.

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