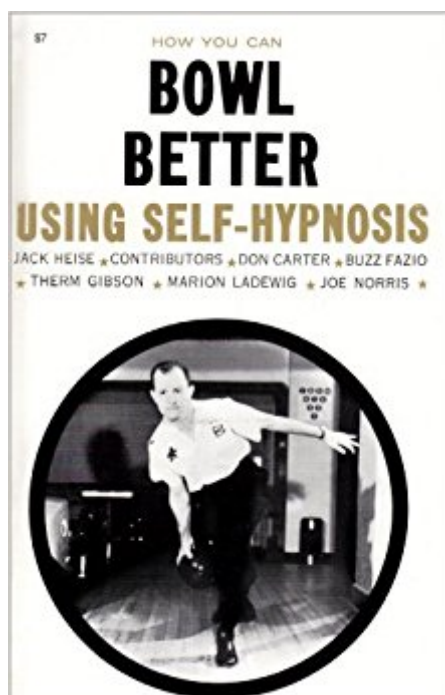


The book was found

How You Can Bowl Better Using Self-Hypnosis



Synopsis

Additional Contributors Thern Gibson, Marion Ladewig And Joe Norris. --This text refers to an alternate Paperback edition.

Book Information

Paperback: 129 pages

Publisher: Wilshire Book Company (December 1, 1976)

Language: English

ISBN-10: 0879800712

ISBN-13: 978-0879800710

Product Dimensions: 8.2 x 5.3 x 0.3 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 3.9 out of 5 stars 7 customer reviews

Best Sellers Rank: #2,680,242 in Books (See Top 100 in Books) #97 in [Books > Sports & Outdoors > Individual Sports > Bowling](#) #1088 in [Books > Sports & Outdoors > Individual Sports > Boxing](#)

Customer Reviews

Bowling changes slightly every year so this book while it has good suggestions to get yourself up to middling avgs it is behind in the curve on necessary things to propel you to a higher avg. However that said, there are a lot of basic things that we all must review, on occasion, so that we can work on tweaking our game. Practice your Basics. Then you will be able to concentrate on your weaknesses.

This is a constructive way to improve your game

This is a well written book for beginning bowlers, it takes you through a good lesson on concentration and how to use hypnosis to improve facets of your game.

Great book! Will really help your mental game as well as your physical game. The author mentions a bowler named Jack Vojticek as the smoothest bowler he ever saw. Jack was one tough bowler, he bowled jackpot against guys for \$500 and \$1,000 and made some bucks. Jack was the one who taught me how to bowl, and with his teaching and this book, I was soon shooting a lot of 600 and 700 series. I once bowled with Jack and for 10 games he averaged 10 strikes a game. This book

can really help you.

Bowlbetterology is not just about bowling. Bowlbetterology is about improving your life through bowling: bowling better using self-hypnosis, target awareness by psycho-cybernetics, steady hands by tension reduction. There are strikes, there are spares; no matter how you frame it, bowling better is better bowling, and there is no better way to be a better bowler than Bowlbetterology. To reduce tension, to find your focus, to lead a better life as a better bowler. It is only once you stop trying to be the ball that you will escape the gutter that was your life before you found Bowlbetterology, and your life will be better as a bowler, a better bowler, a Bowlbetterologist.

I found this book to be very informative and very useful. Having been taught self hypnosis as part of a continuing education course, I found it to be a very well written and enlightening book. One week after getting the book and practicing the techniques, I bowled 9 pins over my average in league play.

this book doesn't work the idea of self hypnosis in bowling is the dumbest topic and the author doesn't explain things well enough my review is a total thumbs down do not buy this book unless your really stupid and are desperate for anything in bowling

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