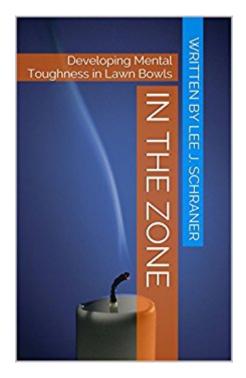
The book was found

In The Zone: Developing Mental Toughness In Lawn Bowls





Synopsis

The scoreboard will generally dictate the attitude and emotions of any bowler on the green. It provides the basis for how you feel and react to what is going on around you. It determines whether your bowling experience is great fun or feels like a total waste of time. It sets the path for how the rest of your day will pan out. This book is designed to assist everybody from the ordinary club social bowler to the sportsâ [™] most elite. It specifically targets the areas that every single bowler can improve on and develop in.

Book Information

File Size: 503 KB Print Length: 115 pages Publisher: Lee J. Schraner (August 1, 2014) Publication Date: August 1, 2014 Sold by: Â Digital Services LLC Language: English ASIN: B00MC5ZQ1O Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #1,188,585 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Bowling #94 in Books > Sports & Outdoors > Individual Sports > Bowling #956 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Education & Training

Customer Reviews

Great help with the mental side of bowls. Some good tips on focusing etc. which is very important!

Well worth reading. Lots of insight into the 'mental' game

Easy to follow, sound advice!

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