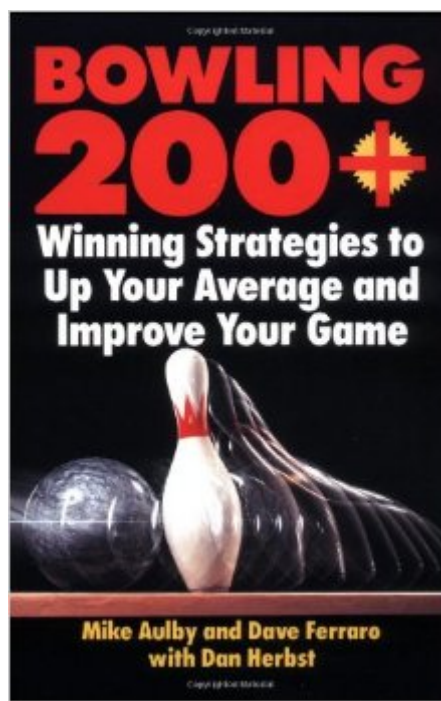


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# Bowling 200+



## Synopsis

Most bowlers in the 150-190 average range have developed strong basic skills but are hampered by one or two fundamental flaws that keep them from improving their game. Two-time PBA National Champion Mike Aulby and four-time tournament winner Dave Ferraro reveal their insider tips for analyzing and correcting common mistakes that prevent intermediate bowlers from rolling that coveted 200+ game: Converting the toughest spares and "unmakable splits" Increasing your strike-shot carry Making equipment work for you Overcoming the mental pressure of league play to bowl your best Complete with photographs, illustrations, and a handy bowling ball comparison chart, *Bowling 200+* will keep you consistent, game after game. Mike Aulby, the only man to be named both Rookie of the Year (1979) and Player of the Year (1985), is one of the top ten professional bowlers in terms of lifetime earnings. Dave Ferraro is considered the fastest-rising star on the PBA tour. He is one of only ten players in PBA history to win more than \$150,000 in a single year. Dan Herbst is the author of several sports books.

## Book Information

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (25 customer reviews)

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[> Individual Sports > Bowling](#)

## Customer Reviews

From my perspective, I found the book very good. I am around 140, I have been bowling for around 5 months, the book contains a lot of useful information. From techniques, releases and the mental game, the book covers a lot of ground. Slightly out of date in regards to the equipment, but otherwise you could do yourself a favour if you are a bowler anywhere between 100 - 190 put it on your bedside table. The principles behind this sport have not changed, and with that I would strongly recommend this book. One main criticism is that there aren't very many pictures in relation to hand release, and the book is in black and white only. Overall, worth getting. If you only learn or

understand one point or exercise from this book, it will be money well spent.

I bought this book because of an .com coupon I received and I don't regret the purchase. I haven't finished reading the book and it has already improved how I think about bowling and how I deliver the ball. I found the tips useful and almost immediately began sharing the book with others on my bowling team who also benefit from the information. I've looked at other bowling books and couldn't get past the opening pages. More illustrations could have been useful, but I appreciate the fact that information for us lefties is pretty well integrated into alternating chapters. It's hard to get good lefty information and having one of the authors be a lefty was a good move. I read one review that stated that the information was dated and I have to disagree. As a very new bowler--been at it for just a year--I've used the information to begin to bowl more consistently at 200 or better at least one or more games during our league matches. That, for me, makes the information timeless.

Whenever you are bowling with poor results and cannot figure out the problem, just take this book out of your bowling bag and read "Analyzing Your Flaws" or the chapter on lane conditions. It feels like you're carrying around your bowling guardian angel when in competition. And when you leave the 10 pin, the book says you DO adjust. How you adjust depends on what kind of 10 pin you left: ringing, flat, etc. I LOVE this book.

This book upped my average a little and gave me some helpful tips, but it is so outdated that 80% of all the things it says are wrong. When the book came out, urethane balls were just invented.

I love this book! I am using it as a reference over and over again! The author does a great job of keeping it simple , but, still teaching how to bowl. I am improving my average slowly , but, I know I will be able to attain my goal of 200 + real soon! I just need more practice! Adding the techniques in this book each time I practice will help tremendously! When I do what he tells me to, I have great games! I'm feeling much more confident about my games!

Finally a bowling book for bowlers that isn't just for beginners. Yes, basics are covered, but in the context of someone trying to "get to that next level". Not only this, but these authors can write in an interesting manner, making reading it fun. I would recommend this book for anyone wanting to improve there game, or just understand bowling

I received this book as a present for Christmas one year and I read most of it. It helped a little with my game, but, personally speaking, my biggest improvements in my game came from someone providing guidance on what I was doing right and what I was doing wrong. Now where it did help was in the approach. It provided a lot of details on how to ready yourself before you start bowling. It also provided tips on how to use the arrows and modifications to your throw. Again this book is much more helpful if you have someone, preferably someone who knows a lot about bowling, working with you to develop the perfect throw. T.S. Charles Author of young adult book, "Consumed." Available on .

I found this book a very boring read, it didnt tell me what I wanted to know and it was presented in a very dull way. I dont think I have learned anything from this book. At the same time I bought Bowling strikes and couldnt put it down!

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