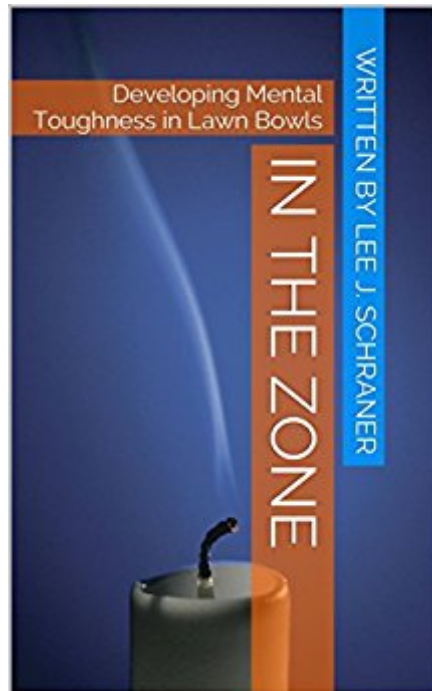




The book was found

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

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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

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