

Bowling Psychology

By Dean Hinitz

Human Kinetics Publishers. Paperback / softback. Book Condition: new. BRAND NEW, Bowling Psychology, Dean Hinitz, Bowling Psychology features the latest mental training concepts including mindfulness training, sensory awareness, and body-mind connections as well as offering insightful interviews from top bowlers many of whom are clients of the author.



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Reviews

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Very useful to any or all group of folks. It really is rally interesting through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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