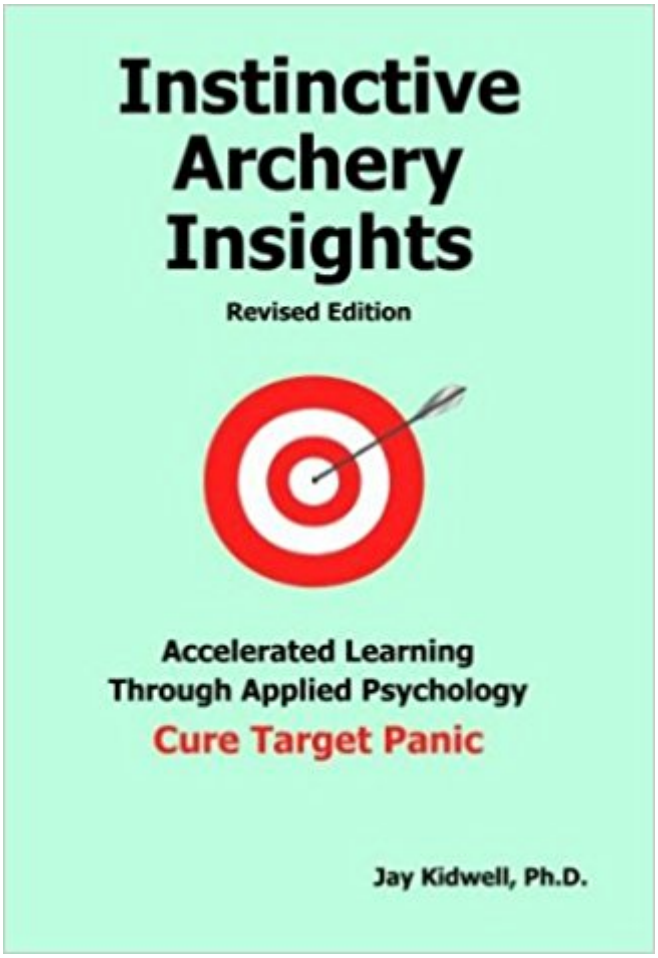
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Instinctive Archery Insights: Revised Edition



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Synopsis

Instinctive Archery Insights (Revised Edition) provides unique information for the archer, traditional or compound, that cannot be found anywhere else. Within these pages are principles from applied psychology, communicated with an easy to understand style, that will dramatically improve any archer’s ability. Dr. Kidwell effectively communicates many unique insights designed to accelerate learning and enhance performance. Discover the truth about consistency in both physical processes and mental processes. Uncover the real secret to attaining accuracy. Learn about the primary cause of missing and how to quickly remedy the problem. Gain insights into how imagery works and learn how to integrate imagery into your regular routine. Discover the true source of success. New to this edition is Dr. Kidwell’s work on the development and treatment of target panic. Based on years of research and experimentation, it is the most accurate work on the subject to date with an effective therapeutic intervention. The real cause of target panic is explained in a simple and concise manner and the intervention is simple and effective for curing target panic.

Book Information

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Customer Reviews

This is an excellent book for the beginning archer as well as a helpful reminder for the more experienced. It will lead you through selecting the right equipment, understanding and tuning it correctly and suggest a sequence of practice exercises which will lead you to the level of performance you are capable of. The last chapters suggest simulated hunting exercises which will prove very helpful for those wishing to move from targets to game. Like the suggestions for improving accuracy on targets, these simulated hunting exercises will improve your hunting

experiences. I appreciate the way the author presents every aspect in a positive, helpful manner. A very good read!

I think this is the best book on instinctive archery. I also have Fred Asbell’s latest book -Advanced Instinctive ShootingFor Bowhunting, and it is also very good. I would suggest reading Mr. Asbell’s book first, then get this book and follow it’s very practical 3 step program. There are a few differences between the two authors. Fred uses a more open stance, and mentions using your dominant eye, while Kidwell believes eye dominance does not matter. If I could have only one book on instinctive archery this would be the one. Those wishing to learn "Gap shooting" would be better off getting Byron Ferguson’s book, Be The Arrow. Kidwell’s book is about true instinctive shooting.Another great source of info are Jeff Kavanagh’s Youtube videos. They compliment this book perfectly.

Great book! It is a short and quick read, but I think it will be very beneficial to me, since I am new to instinctive archery, although I have been shooting with a compound bow and sights for years.The author is apparently a psychology professor, and has a very keen awareness of how our conscious and subconscious mind learn. At any rate, the material was presented in a clear and easy to understand manner, and everything he suggests sounds very plausible.This book is definitely worth reading, and I suspect that even a more experienced archer could learn a thing or two. For example, this book has probably the best explanation for "target panic" that I have ever read, and his suggestions for curing it make perfect sense.

I am a relative beginner to archery and this book has been unbelievably helpful. I think the title Instinctive may be a bit of a misnomer because you don’t really rely on any instinct, but rather on programming the cerebellum of your brain to coordinate your shots based on information it receives from your eyes, much as you do when you are learning to throw a baseball accurately.I am getting back into archery mainly for hunting. I started out on this journey trying to remember archery lessons I had learned in grade school. The method Dr. Kidwell uses is much different than what you use in traditional target shooting, however, many of his lessons will apply to traditional target shooting as well as any other sport of which I can think. Chapter two is called "Physical and Mental Stages." In this chapter, he has a section that deals with the way our brains focus on multiple processes at the same time. My eight year old daughter plays soccer and this chapter has helped her focus on various tasks that are required of her in this sport.When I was going through this book,

I read it one chapter at a time, practicing my archery after each chapter. As I was practicing a few minutes ago, I had an epiphany from one of the earlier chapters which, once again, improved my accuracy significantly.It is a relatively small book at only 127 pages, however the information contained in the relatively short chapters is extensive. Despite the information being crammed into a small amount of space the book reads fairly well. I found myself thinking about the lessons read the night I read them and sometimes into the next day. I re-read many of the chapters after practicing which has been very helpful.I am honestly surprised that a book has improved my archery as much as this one has. Highly recommended.

Almost all of Kidwell's insights on the mental aspects of shooting are things I never would have thought of and were the best and most useful aspects of the book. This book really helped my shot process/form and hence greatly reduced the size of my groups.Downsides: 1) It's a bit verbose on occasion for my tastes but the chapter summaries more than make up for it. 2) I'm having to replace busted nocks and split arrows a lot more often :-).FWIW Background: Started out instinctively shooting recurves 40+ years ago and gave it up after 8 years. Got back into shooting them a couple of years ago and a bit later took up wood longbows. Between changing my form for the longbows and trying gap shooting, my groups when to hell. I read the book with a beginner's mindset then went back and started implementing most of Kidwell's insights one at a time.

Really good book. The thing about instinctive aiming is that it can't really be taught, it must be learned through experience only. This book doesn't teach you how to shoot instinctively but it teaches you how to accelerate your learning process by becoming more aware of your experiences. My only gripe is the part about form. For instruction on proper form, i would definitely look elsewhere and not from Mr. Kidwell.

I am enjoying this book and finding lots of useful information within it's pages.I have only just started putting the suggestions for curing 'target panic' into operation so I cannot yet say whether this part of the book will help me or not. I hope it will as I gave up archery many years ago because of 'target panic' and having returned to it recently, have found the problem to be still there. This time there is more help available so I am hopeful for the future and a cure for the dreaded 'target panic'.If you love the wonderful and historic sport of archery then I can recommend this book as a good read for you.

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