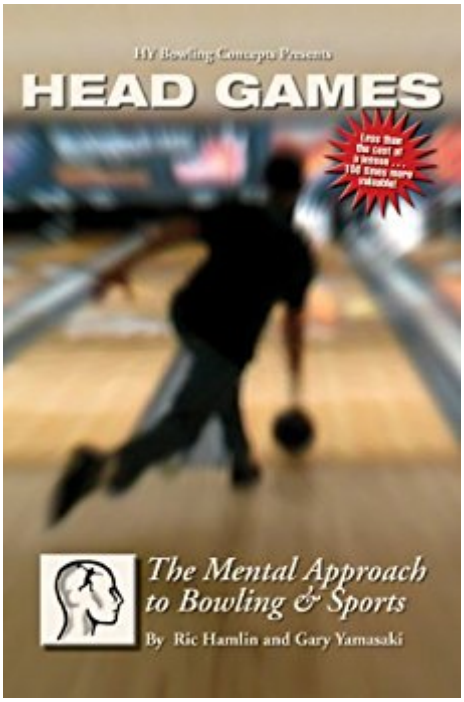
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Head Games: The Mental Approach To Bowling & Sports



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Synopsis

HEAD GAMES is a compilation of Ric Hamlin and Gary YamasakiÃ¢â ¬â„¢s experience and focuses on the often over-looked mental side of bowling. This book is intended for all levels of bowlers -- from those just starting out to the elite competitors. Ric and GaryÃ¢â ¬â„¢s unique experience from having competed at every level as well as working with a wide range of bowlers gives a perspective that should be approachable by all bowlers.

Book Information

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Customer Reviews

This book is a good read for those who, like myself, struggle with the mental aspect of any sport let alone bowling. I agree with its ultimate premise: the simpler we make things, then the better off we are.

It is refreshing to finally see in actual black and white that patterns of today have diminished the abilities and creativities of bowlers. I am also appreciative of both Gary and Ric focusing on being the best I can be not someone else. A must have for EVERY athlete!

A good read with good information.

Easy read with very practical applications. Great for bowlers at any level, and could be used for other sports as well. Best money spent on a book in a long time!

Must have if you’re serious bout bowling.

Great book. Made me realize my mental approach to the game needs a lot of work. I recommend for any level of bowler.

This book covers a very basic grasp of the mental approach. It is somewhat verbose with little or no practical guidelines or mental exercises. Overall too abstract and not enough function.

Very informative very intelligently Written Will recommend too many of my friends. will readl over and over and over again

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