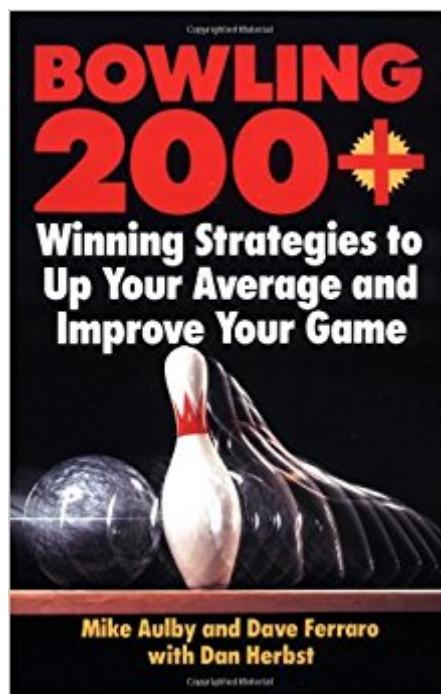


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# Bowling 200+



## 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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## Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

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!

I have only read the first two chapters but already I have found 5 things that I know I am doing wrong. I couldn't understand why it was happening, but now I know. Can't wait to read the rest and see how I go on my next league night. It might be from 1989 and it might still talk about urethane balls, but the basics are still the same. Additional (Edited 7/3/2008) I wish I had finished the book earlier. On my first night I tried to change too much at once and it wasn't till the 4th game when I just changed one thing and things came good. The following week after finishing the book and reading that it says not to try to change everything at once, I added one new change to the existing change from the previous week and creamed my opposition. Am back to my best, Great book!

Very informative and helps with the mental game

This book has been my bowling bible since it came out. Although I have a bad back I still use this book while at the lanes..I have purchased, loaned, and bought this book for several friends,

Picked up some tips. Was worth the money invested.

Very good

For bowler who need help.

Five stars all the way!

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