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# The Tournament Mindset (Creating The Difference In Bowling Book 1)



## Synopsis

Tournament mindset is about more than just positive thinking. I travel across the country watching and competing in tournaments and there is one common element, bowlers struggle. We could use #TheStruggleIsReal at any tournament I attend. However, what if I told you I can help lessen the struggle. In the following pages, you will be enlightened. Did you ever consider your nutrition as a key to succeeding in a long tournament? Do you have a plan for when you start to get down on yourself? How about when you're about to shoot 300 and the pressure is on? These are all keys to succeeding in tournament play and having a plan walking in can make or break your success.

## Book Information

File Size: 921 KB

Print Length: 16 pages

Publication Date: August 7, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B013MAJ2R6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,146,949 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Bowling #92

in Books > Sports & Outdoors > Individual Sports > Bowling #389 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Sports Psychology

## Customer Reviews

The Tournament Mindset is truly the first book I have ever seen of its kind. It lays out a strategic and rational approach to tournament bowling. Sure we bowlers go out to enjoy the sport and have fun. But if we can make some money in the process that is even better. Ronald Hickland's book covers such topics as pre-tournament preparation, equipment, bracket play, rest, nutrition and even how to prepare for taxes when that 1099 form arrives in the mail. The Tournament Mindset is just the right size to carry in your backpack. Yes as tournament bowlers, the struggle is real but the true question is what's in your bag? •.

Ron is the experts expert and gives wise advice for you to have success in the bowling world. Buy this to advance your game

Very good points you never think of unless told. Definitely can pass on this strategy to other bowlers with less knowledge

It is a great book for someone who bowls in a lot of big money tournaments, but of little value for league bowlers.

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