



Bowling Fundamentals, 2E

By Michelle Mullen

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One of the world's most highly sought-after bowling instructors provides bowlers with comprehensive coverage on the essential equipment, techniques, lane play and spare-shooting strategies, and mental training necessary for success on the lanes. With specific information for both right-handed and left-handed bowlers, this is a one-of-kind book to help you bowl better!

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“In the second edition of Bowling Fundamentals, Michelle combines her vast knowledge of the game and almost three decades of experience as a world-class player and premier coach to help bowlers of all ages and levels advance their skills and techniques.”

Rod Ross-- U.S. Head Coach Director of International Training Center

“Michelle Mullen’s passion for bowling shines in the second edition of Bowling Fundamentals! Regardless of your skill level, this great book provides the technique instruction and motivational tips so you can learn and enjoy the game.”

Liz Johnson-- Team USA member, Three-Time U.S. Open Champion (1996, 2013, 2007), PBA Men’s Tour Member

“After reading this book, I came to the conclusion that it’s the greatest book on bowling that I have ever read, and at age 73, I’ve read a lot of them! I have been using the book as an instructional guide for three years, and it has helped me change my bowling game for the better. This book focuses on both the physical and mental aspects of the game, which makes it the most comprehensive book on the techniques of bowling.”

Jeff Garver-- Plymouth, Michigan

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