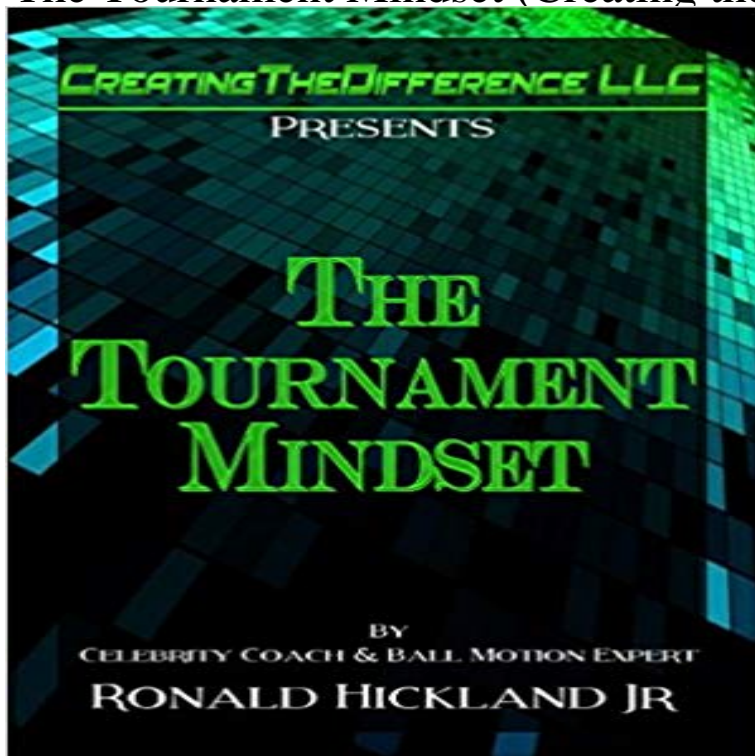


The Tournament Mindset (Creating the Difference in Bowling Book 1)



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.

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