

A great read that makes a bowler feel smarter

Bowling For Dummies® by A.J. Forrest and Lisa Iannucci. Copyright 2010 by Wiley Publishing Inc. 312 pages. ISBN: 978-0-470-60159-4. \$12.51 at amazon.com.

By Lisa Dove Washington

Bowling For Dummies is an instructional book about the sport of bowling that takes you through the entire process of picking out equipment to how to use it and offers bowlers ways to improve their game with great tips and advice. It shares details about what decisions go into preparing for your game and how to have a great time.

The book is an informational guide to the art of bowling that breaks down nearly every aspect of the sport and provides excellent instructions on such details as how to stand, hold the ball, and release the ball. However, even before that, it shares information on how to even choose the right ball for your game, whether it be for fun or league bowling.

Bowling For Dummies contains 21 chapters of useful information for people who would like to know the first steps in getting into the game, all the way up to professionals that want to improve their skills. Through vivid illustrations, photos and snapshots, and diagrams,

the book shows exactly how to accomplish the best possible ways to get that 300 game we all want to achieve. It discusses mistakes you can make in bowling—explaining even the most common of errors that can affect your game and how you can avoid them—as well as the advantages you gain from the information within its pages.

Beginners picking up this book will be very pleased with the information they receive because it really breaks down nearly every aspect of the sport in a way that is easy to understand. In fact, it is written in a way so that even a child can understand the concept of bowling and what is needed to have a great game and have fun.

I like the fact that it gives you an overall picture of many aspects of the game. If you never bowled a day in your life, I believe you definitely would know how to have a great game and improve on your own by the end of this read.

I particularly like the sections about how to figure out what kind of ball, shoes, and even what kind of bag to buy because even those kinds of decisions matter in the way you play and how you play. People always feel good about the sport they are getting into when they have great guidance on how to purchase the right equipment.

Bowling For Dummies provides tips that every bowler can use. The beginner will get the most out of the book because it gives the basics of how to get started in the sport, with tips and advice on how to bowl. Meanwhile, the advanced bowler gets advice about errors that can be corrected in their game to enhance their bowling experience.

I don't believe the professional will get as much out of the book because a lot of these informational tips involve topics that they have already learned and tweaked to their own style. Nevertheless, I do believe that as a refresher for

Contents

Part I: The Opening Frame

- Chapter 1: Welcome to the Wonderful World of Bowling
- Chapter 2: Getting Down to the Basics of the Game
- Chapter 3: Heading to the Center
- Chapter 4: Buying Your Own Ball, Shoes, and Accessories

Part II: Body Basics: Throwing Yourself into the Game

- Chapter 5: Finding Your Form and Style
- Chapter 6: Positioning Yourself for a Smooth Approach
- Chapter 7: Throwing the Ball
- Chapter 8: Correcting Common Approach Problems

Part III: Time to Get Rolling: Making Your Shot

- Chapter 9: Everything You Ever Wanted to Know about Hook Shots
- Chapter 10: Knocking 'Em All Down: The Secrets to Bowling Strikes
- Chapter 11: Picking Up Spares
- Chapter 12: Conquering Classic Splits

Part IV: Staying on Your Game

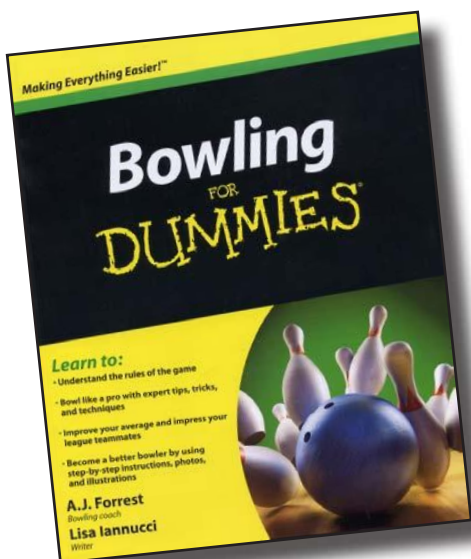
- Chapter 13: Understanding the Ins and Outs of Oil on the Lanes
- Chapter 14: Staying in the Game, Physically and Mentally
- Chapter 15: Improving Your Game on Your Own or with a Coach's Help
- Chapter 16: Bowling When You Have Special Health Conditions

Part V: Joining Others at the Center

- Chapter 17: Taking the Kids Bowling
- Chapter 18: Playing in Leagues and Tournaments

Part VI: The Part of Tens

- Chapter 19: Ten Ways to Add 10 Points (Or More) to Your Score
- Chapter 20: Ten Tricks to Throwing a Great Hook
- Chapter 21: Ten Ways to Make Bowling More Fun



See **DUMMIES**, page 17

DUMMIES, *from page 16*

pro bowlers, this would be a great tool that also can be used to teach others.

Bowling can get very technical at times, and some of the skills undoubtedly will come from practice and experience. But overall, the book is a fabulous guide for anyone interested in the sport of bowling. Bowling is a great team sport, and the book gives you a good feeling about the sport in general.

The final chapter, “Ten Ways to Make Bowling More Fun,” is one of my favorites because it brings everything together and shares information about how to get others involved and how bowling can be used, such as bringing people together as a team to raise money for a charity or some other good cause or just having a good time with family and friends.

Bowling For Dummies is a great read and after reading this book, I believe you will walk away with everything but the feeling of being a dummy about the sport!

The reviewer is a member of the Thursday Trios league at Potomac Lanes.