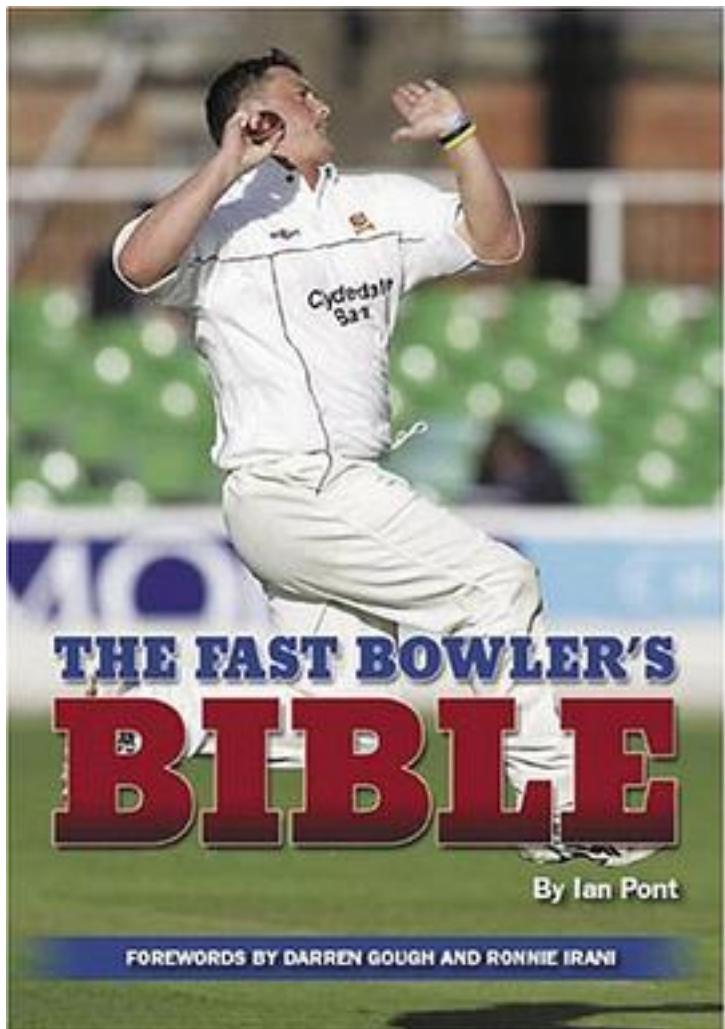


The Fast Bowler's Bible



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This fascinating book reveals the secrets of fast bowling and explains how it is possible

to simultaneously bowl fast, straight and accurately. "The Fast Bowler's Bible" is a very practical, easily accessible bowling manual that any seam or swing bowler playing at any level can understand. It contains explosive new information being used by. It is written by one of the world's best fast-bowling coaches. It is well illustrated with sixty photographs and thirty-four diagrams and drawings. It explains what part of your body generates pace and why holding onto the ball longer is far more effective. It unravels the mysteries of advanced biomechanics as they apply to bowling, and reveals how to bowl crushingly effective bouncers and yorkers every time. It discusses what to do in practice and what to avoid, and analyses how to train and exercise in order to produce the best results. It illustrates all the correct grips for each delivery so that you get it right every time. It describes how to increase pace effortlessly, how to adopt the correct mental approach, how to deal with pressure, how to apply it to the opposition, and much more.

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