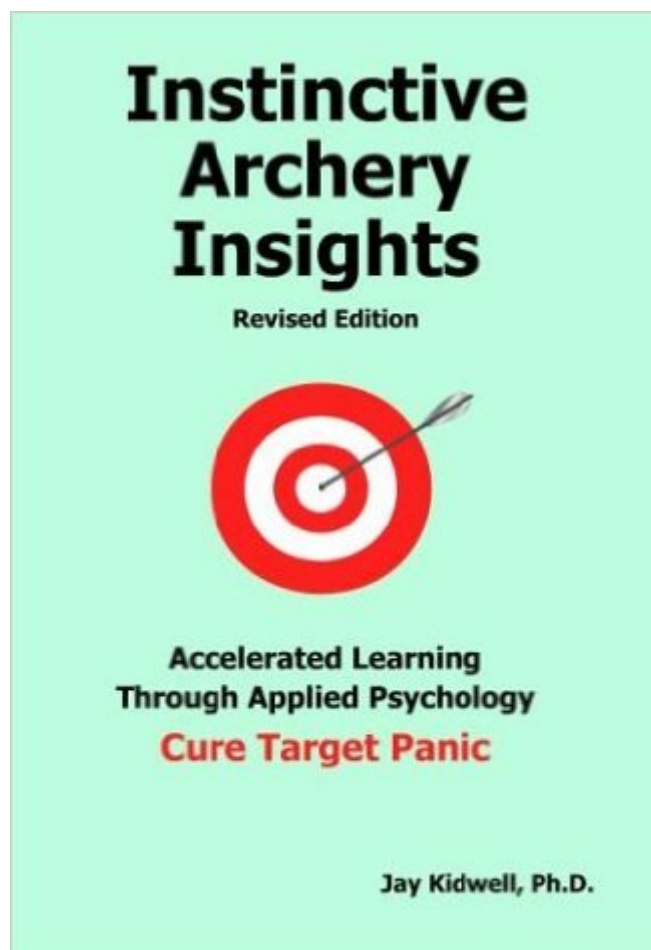


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# Instinctive Archery Insights: Revised Edition



## Synopsis

Instinctive Archery Insights (Revised Edition) provides unique information for the archer, traditional or compound, that cannot be found anywhere else. Within these pages are principles from applied psychology, communicated with an easy to understand style, that will dramatically improve any archer's ability. Dr. Kidwell effectively communicates many unique insights designed to accelerate learning and enhance performance. Discover the truth about consistency in both physical processes and mental processes. Uncover the real secret to attaining accuracy. Learn about the primary cause of missing and how to quickly remedy the problem. Gain insights into how imagery works and learn how to integrate imagery into your regular routine. Discover the true source of success. New to this edition is Dr. Kidwell's work on the development and treatment of target panic. Based on years of research and experimentation, it is the most accurate work on the subject to date with an effective therapeutic intervention. The real cause of target panic is explained in a simple and concise manner and the intervention is simple and effective for curing target panic.

## Book Information

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## Customer Reviews

If you are just starting out in instinctive shoot, this book will prevent you from developing the bad habits that plague some shooters. This book will prove that bad practice for years on end is not as effective as good practice with consistent form over a very short period of time. I read the book before I began to shoot my recurve seriously. Within 3 weeks of shooting for about 15 minutes, twice a day, I was competent at reasonable hunting ranges. If you follow Dr. Kidwell's instruction and apply his concepts to your form, you will be amazed.

I have owned the first edition of this book for a decade now. When I discovered that there was a revised edition I couldn't wait to get my copy. I couldn't be happier. The style is easy to read and the instruction, both the new and revised, continues to be truly unique. When I began my quest for archery instruction I quickly discovered that most of the books were nothing more than the same old stuff by a different author. Not so with this book. Very unique and effective information. Don't be deceived by the simple writing style - you may have to read it a couple times before you really begin to appreciate (understand) the hidden treasures contained in this book. This book will make anyone a better shooter. If you are already very good, this is the only book that I know of that can make you better!

Jay Kidwell, Ph.D., hits the bullseye with this guide to instinctive shooting technique. As those of us who shoot recurve and longbow know, shooting instinctively can be frustrating at times. The key to accuracy is consistency. Dr. Kidwell teaches us the fundamental pre-requisites for accurate shooting, consistency in both physical and mental aspects of the sport. At the end of each chapter, Dr. Kidwell includes a summary of key concepts set forth in that chapter for quick reference. This book is a great guide for the beginner, as well as the seasoned instinctive archer. It is well written, easy to follow, and extremely clear in its message.

While searching for a book that would offer instructions for improving my archery skills, I came across this little jewel. The word "insight" in the title really got my attention. Needing all the insight I can get, I continued to read. The words "Secrets of Sports Psychology" made me think, and really stirred up my curiosity. Brother, am I glad that I found this book. Right away I was learning more about archery than ever before. The topics are well laid out and clearly explained with a point-by-point summary at the end of each chapter. In addition, it provides an insight to the sport that may not be clearly understood by all on first reading. Frankly, I see the book as a study and not just a quick read. Dr. Kidwell informs the reader of the ACTIVE approach to archery, preparing us physically and mentally. He tells us the secrets practiced by top performers in many sports, and boldly challenges the reader to get up out of the bleachers and on to the playing field with the other champions in this sport. The "doing with when you're without" philosophy is one not well known, understood, or practiced by many. In this excellent little book, Dr. Kidwell outlines for me what I need to do to become a champion in archery. Who knows, it might even be good advice for other areas of my life.

While reading this book, I was very doubtful. I thought that this author was a bit "out there". Also, I wasn't thrilled with his writing style. But I listened to what he had to say, and in the end, I have to admit, my archery has greatly improved. I'm a relatively new archer, and he has helped me tremendously. I am very aware now of each step in the process of shooting an arrow. I am much more focused now. I think my archery has become more insightful. I have been using his techniques and not rushing the process. I especially like what he has to say about eliminating as many variables through consistency, and other techniques. In the end, I was very skeptical after reading the book. Maybe even disappointed. But you can't argue with success. Now, I am thinking about reading the book again to let sink in, the things which maybe need to be reinforced. I am definitely hitting the mark much more than before I had read this book. I would recommend it highly.

I have suffered, or been cursed, by target panic for almost 10 years now. I love to shoot competition and I love to hunt with my bow, yet, I have not been able to feel confident for a long time due to the effects of target panic. I have read every book and watched every video on the subject over the past decade. Some of the techniques conveyed seem to make the target panic a little less debilitating, yet, the target panic was still present during every single shooting session. When I saw the Revised Edition of Instinctive Archery Insights had a new chapter on target panic I quickly ordered a copy from the authors website. I have always considered the original Instinctive Archery Insights to be one of the best kept secrets in archery. To make a long story short, I was amazed when I read Dr. Kidwell's explanation of the symptoms and the real cause of target panic. Very different from the other explanations I had read and this one was finally correct. I implemented the simple "interventions" and within a couple of days the target panic was completely gone! I have incorporated the interventions into my regular practice sessions and I have not experienced target panic while shooting for over two weeks. I have never met Dr. Kidwell, but he is my friend!

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