



How2Focus: The Pitchers Zone (How2Series) (Volume 3)

Dr. Bill Harrison

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How2Focus: The Pitcher's Zone features innovative insights from interactions between the author and numerous MLB pitchers. In this unique instructional and somewhat historical book, techniques that can help you improve your pitching performance are emphasized. Included are never before told stories and insights about a young pitcher going from Low A minor leagues to the MLB in 9 months—MARK LITTELL; a historical .500 pitcher who became the Kansas City Royals first 20 game winner and an early inductee to the Kansas City Royals Hall of Fame—PAUL SPLITTORFF; a veteran Pittsburgh Pirates ace who was a World Series MVP who suddenly lost total pitch command—STEVE BLASS; an amazing Cy Young and World Series MVP Los Angeles Dodger who pitched 59 consecutive scoreless innings—OREL HERSHISER; a 355 game winner along with 4 Cy Young Awards, Hall of Fame star—GREG MADDUX. You will learn how to develop and use a Personal Focusing Plan that will help you control your concentration and stay focused for your best possible pitch command. How2Focus: The Pitcher's Zone was written with the inclusion of many stories with dialog intended to help young baseball players, their parents, and their coaches.

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