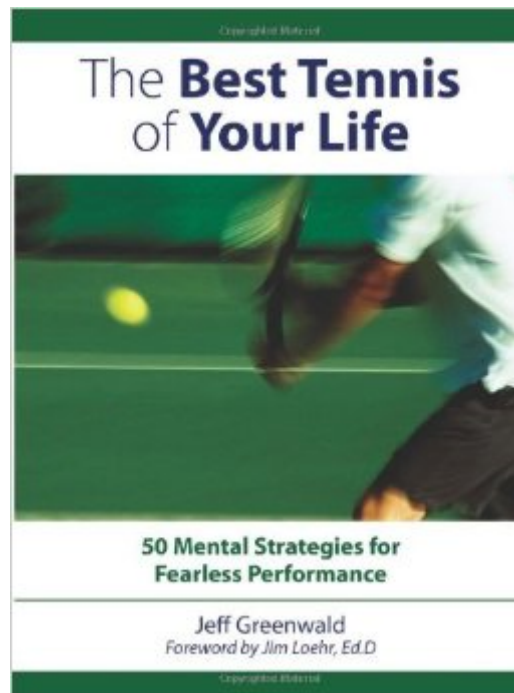


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# The Best Tennis Of Your Life: 50 Mental Strategies For Fearless Performance



## Synopsis

Play with Freedom...And Win More!The Best Tennis of Your Life is an inspirational and practical guide that will help players of all levels finally master the mental game. Author Jeff Greenwald draws from his unique background as a world-class player, sports psychology consultant, psychotherapist, and former coach to provides 50 specific tools you can immediately apply in any match situation.This comprehensive guide will show you how to:Embrace nerves and play even better under pressureMaintain confidence to win more consistentlyDevelop a pin-point focusAccess an ideal level of intensityPlay with a renewed sense of passion and freedom Why wait any longer to play the best tennis of your life? Get the mental edge with this invaluable resource and watch your game soar.

## Book Information

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## Customer Reviews

This book is the best psychological "coach" for serious tennis players I have yet to find. There are an untold number of sport psychology books which claim to help a player find the elusive "zone". The chapters in these books tend to droan on without a tangible connection to the player. For me, Best Tennis broke the mold because the author relates to us as players, not students. He has walked in our shoes and relates practical and applicable insight through his journey as a player, coach and psychologist. The dozens of "pressure" tennis situations succinctly described in this book will hit home for any serious player with untapped potential. I will carry this book in my tennis bag and read the circled chapters in the parking lot before my next tournament. Don't be fooled by the recreational title of the book, this book should get a serious player back on track and down the right

path. Nuggets of wisdom in this book.

As a therapist and tennis player who has read numerous books and articles on the mental aspect of tennis, Jeff Greenwald's book and cd are by far the most helpful and the most relevant I've come across. While other mental tennis books are interesting and helpful, Greenwald has put together powerful and credible insights born from his own tennis career and solid mental health research and experience. His insights ring true and they are clear, employable and even necessary for being a healthy happy human tennis playing person (and I would think especially necessary for the junior and pro level players to keep a healthy perspective). Often mental tennis advice makes sense (just think positive) but falls far short of being realistically helpful (positive thinking usually doesn't help muscles from getting tense in a close match). But Greenwald has done a superior job of organizing, articulating and delving into the heart of the issue/s that can leave every tennis player from playing their best tennis.

The author presents several mental strategies for tennis that he developed from his experiences in playing and coaching. These look to be applicable to players at any level. It was a quick read and I found that a few points stuck in my head well after I had finished reading the book that helped me improve my thought process on the court and consequently my results. I play at the 4.0/4.5 level.

This quick read will give you great tips for your mental game. It focuses on relaxing, playing freely, not thinking about the outcome and staying in the moment.

When I need a little inspiration, I read a short chapter from the book. It's more motivational than technical, which is often what I need. Sometimes the author's personal stories are a bit much, but overall he's got some good suggestions. This is not a sit down, read and improve your game kind of book. It's more of a quick pick me up.

One of the better tennis books out there. Approachable lessons and tips you can immediately apply to your game upon opening the book and reading a few chapters. I appreciate the authors approach to tennis and the ease in which he explains his tenets of his philosophy over the course of 50 brief lessons.

Excellent roadmap, breaking down into manageable components, the numerous inner and outer

human factors that interfere with experiencing one's best tennis. Bravo, job well done. Already using some of the simple techniques to improve my game. Breath control, focus on the next point, not serving until one's arm is relaxed, utilizing the time between points and games constructively, and letting errors go. Refocusing after recognizing that an external or internal "should", or desired outcome, or "critic" has come into mind, and getting back to one's own "half of the court/ living in the moment". Lot more fun to hit freely and not let one's mind get in the way. I especially like the idea Jeff recommends to go back and review a chapter before going out to practice. Emphasis that real change takes dedication, patience and time is key. Great bibliography. Inner game and winning ugly my favorites. Bravo Jeff.

This book is great. Not something you are going to pick up and read cover to cover due to the content and the way you need to slowly incorporate topics into your game but it is excellent. Most chapters are 2 to 3 pages long and offer great strategies to improve your game.

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