

Transform How You Perform In Tennis - Helen K Emms

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Helen K Emms brings Peak Performance Mental Skills Coaching to the reach of every tennis player. Transform How You Perform in Tennis is packed full of practical tips and tools to help you develop the necessary mental skills to become a highly successful competitor. You are guided through the whole process with a 12 week guided log-book, helping to reinforce your learning and create lasting change. Helen encourages the reader to explore the boundaries of their thinking and emotional responses and fully appreciate the process they are going through as they transform their performance. Author: Emms, Helen K Publisher: Live It Illustration: N Language: ENG Title: Transform How You Perform In Tennis Pages: 00000 (Encrypted PDF) On Sale: 2012-02-10 SKU-13/ISBN: 9781906954178 Category: Sports & Recreation : Tennis Category: Sports & Recreation : Coaching - General Category: Self-Help : Personal Growth - Success

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