

The Best Tennis Of Your Life - Jeff Greenwald

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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 pressure maintain confidence to win more consistently develop a pin-point focus access an ideal level of intensity play 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. Author: Greenwald, Jeff Publisher: Betterway Books Illustration: N Language: ENG Title: The Best Tennis Of Your Life Pages: 00160 (Encrypted PDF) On Sale: 2011-01-21 SKU-13/ISBN: 9781558708440 Category: Sports & Recreation : Tennis

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