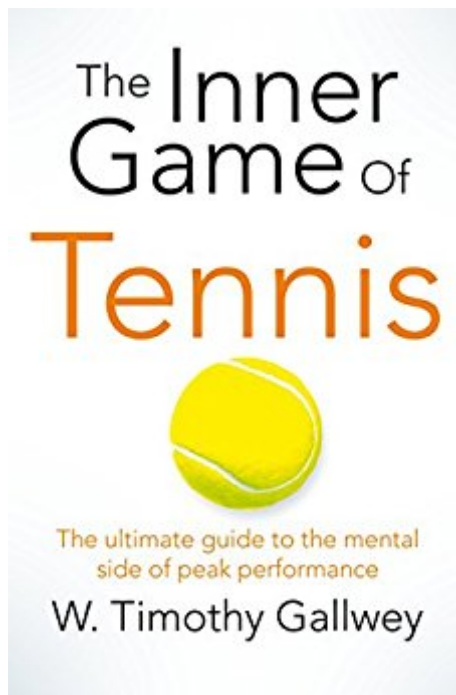




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The Inner Game Of Tennis: The Ultimate Guide To The Mental Side Of Peak Performance



Synopsis

How to improve your game and discover your true potential by increasing your concentration, willpower and confidence Described by Billie Jean King as her 'tennis bible', Timothy Gallwey's multi-million bestseller, including a new introduction from acclaimed sports psychologist Geoff Beattie, has been a phenomenon for players of all abilities since it was first published in 1972. Instead of concentrating on how to improve your technique, it starts from the understanding that 'every game is composed of two parts, an outer game and an inner game'. The former is played against opponents on the court, but the latter is a battle within ourselves as we try and overcome self-doubt and anxiety. It is often won or lost before a ball has been hit. Gallwey's revolutionary approach, built on a foundation of Zen thinking and humanistic psychology, will teach you how to develop your concentration, work on your gamesmanship and help you break bad habits. You will also learn how to trust yourself on the court and how to maintain clarity of mind throughout the match, giving you a clear psychological advantage over your opponent. Whether you are an amateur or a pro, The Inner Game of Tennis is essential reading for overcoming the self-doubt, nervousness, and lapses of concentration that can keep a player from winning. It is guaranteed to change the way you play tennis forever.

Book Information

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Customer Reviews

An interesting book about the mental aspects of tennis, competition and life. The author was ahead of his time as it relates to mindfulness.

Great book recommended to me by fellow fencers. A lot of what it covers I have heard already - since it has been around for a while and many people have borrowed from it - but the clear way it is described is still probably the best. Not long, so it's pretty easy to read for anyone. The only downside is that I don't play tennis and now everything on , every search engine and every banner ad has decided I'm a "tennis guy" and I'm pitched tennis stuff nonstop.

This book can be applied to any sport really. Mental focus and relaxing while playing is key to improving your concentration. This gives tips on how to achieve what sounds simple yet so difficult to achieve.

Just started reading this book and fell in love instantly! I'm a tennis coach myself and my weakness was on the mental side. As reading this i am already excited to finish the book and help me alot how the mental works. I've been reading alot of sports psychology but never explained how the brain really works and how we think. But he explains that there is self 1 and self 2 within us and just trying your body and letting go does really help! and that's what we do when we are playing well also! This book changed my style of teaching and also the perspective. Thank you! Recommend this book alot

Every competitive athlete needs to read this book. A great tool to help your mindset behind your sport.

A unique book that teaches you to develop and depend on your inner reflexes rather than making conscious effort in any sport. In other words relaxing and becoming less self conscious may bring out the best in you. Deals with a subject taught by very few instructors. Teaches you how to concentrate and deal with stress in a somewhat meditative "zennish" way. Simple to read and absorb. Highly recommended.

This tennis guide is a timeless classic. The book analyzes peak performance and delivers many lessons. It's one of those books you can pick up to read again. The audio book feels like a mellow but engaging college lecture.

This book is excellent- and really works when applied. My shooter thought it was just too simple, so I asked her to go apply it and she came back 2 nights in a row practicing women's air rifle with 421.2 and 421.3 trying to prove me and this book wrong. The mental game is the last level to get past, but I say, learn it early in the game. It is just that simple but everyone wants to work harder when it really is all about getting out of your own way.

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