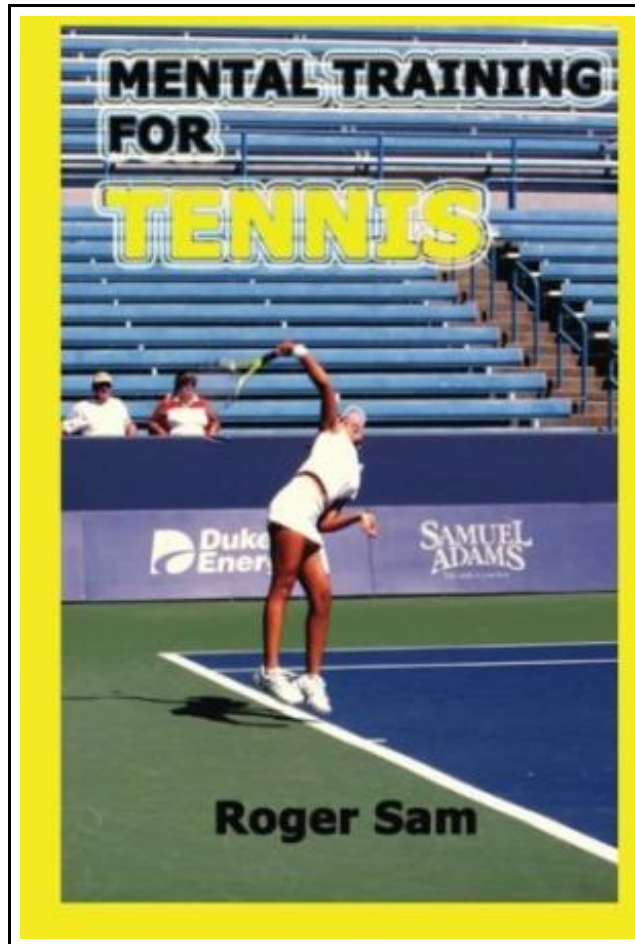


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Want To Improve Your Tennis With Sports Psychology? Have Been Training For Years But Can t Seem To Improve Your Tennis Game? Want To Start Winning More Games And Tournament? Tennis is a mental game which requires a lot of discipline. You need to be constantly on your best in order to perform well in this game of tennis. Tennis psychology is something that is often neglected among tennis players. You may have gone for all the tennis drills, tennis training and tennis coaching; but a very important aspect of tennis that is often overlooked is the importance of having a strong mental strategy. Without a doubt, psychology is very important in the game of tennis. If you are looking to improve your tennis game, focusing on sports psychology is an important aspect. Tennis strategy and techniques are important, but so is tennis psychology. With the help of sports psychology, you are able to improve your tennis game. In Mental Training For Tennis - Using Sports Psychology And Eastern Spiritual Practices As Tennis Training, you would learn about the inner game of tennis. You would learn how mastering the inner game of tennis allows you to start developing a winning mentality. Sports Psychology And Being A Winner In A Winner, you would learn the ten qualities that determine a winner in tennis. Being a winner in tennis isn t something that is easy. You would require tremendous mental training. Being Great In Tennis By Having A Mental Formula In Developing Belief and Positive Self-Talk, you would learn how to use different tools to ensure that you have the positive mental talk. Sports psychologist have often recommended this methods...



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