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The Inner Game of Tennis: The Ultimate Guide to the Mental Side of Peak Performance (Main Market ed)

By W. Timothy Gallwey

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, The Inner Game of Tennis: The Ultimate Guide to the Mental Side of Peak Performance (Main Market ed), W. Timothy Gallwey, 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...



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