

***Winning Ugly Mental Warfare In Tennis Lessons From A Master
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Believe me, I know. That was me on tour plenty of times. As you'll read later in Winning Ugly, when you get down on yourself—start beating yourself up mentally—there are now two players on the court trying to take you down. And one of them is you." — Brad Gilbert, Winning Ugly: Mental Warfare in Tennis--Lessons from a Master

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When I started seriously using my pre-match opportunities in this way I started winning more often. Let's say my opponent in the round of 16 at the U.S. Open was Boris Becker (because it was). My own mental review before I got to the locker room at Flushing Meadow would go like this: Becker can attack my weak second serve.

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He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names?all by playing his "ugly" game.Now, in Winning Ugly, Gilbert teaches recreational players how to win more often without necessarily even changing their strokes.

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