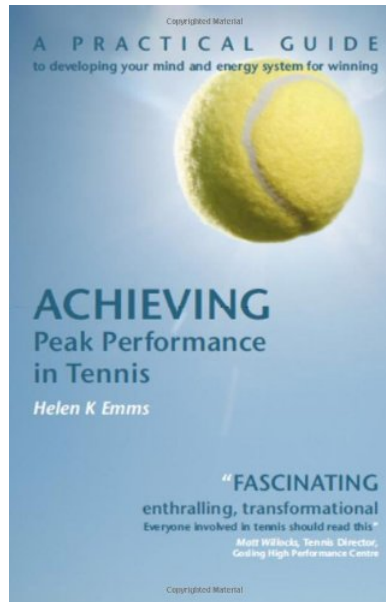


tAozk [Free PDF File] Achieving Peak Performance in Tennis: A Practical Guide to Developing Your Mind & Energy System for Winning



CONTINUE ►

Tennis should be fun. It should be about experiencing effortless flow as you challenge yourself and achieve the success you want on court. Instead though, for many players their joy of the game is shattered because of failure, a lack of confidence, heart ache and the disappointment of unrealised expectations. Achieving Peak Performance in Tennis gives you a comprehensive and new understanding of your mental game including psychological and energetic influences that you will not have considered before now. Read this book to learn how to successfully overcome the instinctive drives that limit your game and how to raise your awareness to achieve your highest potential. Bring the joy of tennis back into your game by discovering how to: Deal with pressure, perfectionism and expectations Build self-esteem, self-belief and confidence Develop emotional control, resilience and inner mental strength Stop trying so hard and get better results Turn failure into success And much, much more! Achieving Peak Performance in Tennis is essential sports psychology reading for Tennis coaches who want to understand why their coaching doesn't always get the results they want and how to enable their players to achieve greater competitive success. For parents who are committed to supporting their children to be happy, confident and successful players. And for players who want to unleash the full power of their mind and energy system to win more! Achieving Peak Performance in Tennis masterfully blends the disciplines of Sports Psychology, Mental Game Coaching, Energy Psychology and NLP (Neuro-Linguistic Programming) to enable a fantastic results to be achieved in Tennis.

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