

TpKrG [Free PDF File] The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance



The Inner Game of Tennis

*The Classic Guide to the
Mental Side of Peak Performance*

W. Timothy Gallwey

Foreword by Pete Carroll

CONTINUE ►

The Inner Game of Tennis will help you: use the mind/body connection and learn to trust yourself on the court; find the state of "relaxed concentration" that allows you to play at your best; utilize the "inner game principles to make the most of traditional instruction techniques; focus your mind to overcome nervousness and self-doubt; and build skills by smart practice, then put it all together in match play. Gallwey is one of the leading innovators in sports, and this new edition refines the techniques that he has perfected over his long career. His straightforward and concise style, clear examples, and illuminating anecdotes will help tennis players of all abilities - from beginner to expert. The Inner Game of Tennis will change the way you play the game.

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