

# mj24Z [GET] Winning Ugly: Mental Warfare in Tennis - Lessons from a Master



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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. The key to success, he says, is to become a better thinking player - to recognize, analyze, and capitalize. That means out-thinking opponents before, during, and after a match - forcing him or her to play your game. Gilbert's unconventional advice includes: *Winning Ugly* is an invaluable combat manual for the court, and its tips include "some real gems", according to *Tennis* magazine. Ultimately, *Winning Ugly* will help you beat players who have been beating you.

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