

(Mobile library) File size: 40.Mb

The Best Tennis of Your Life: 50 Mental Strategies For Fearless Performance

The **Best Tennis** of **Your Life**

Par Jeff Greenwald
audiobook | *ebooks | Download PDF |
ePub | DOC

Dtails sur le produit Rang parmi les ventes
: #210619 dans eBooksPubli le: 2007-11-
13Sorti le: 2007-11-13Format: Ebook
Kindle

(Mobile library) The Best Tennis of Your
Life: 50 Mental Strategies For Fearless
Performance

**Par Jeff Greenwald : The Best Tennis of
Your Life: 50 Mental Strategies For
Fearless Performance** before purchasing it
in order to gage whether or not it would be
worth my time, and all praised The Best
Tennis of Your Life: 50 Mental Strategies For
Fearless Performance:

**50 Mental Strategies for
Fearless Performance**

Jeff Greenwald
Foreword by Jim Loehr, Ed.D

Download

Read Online

Description :

Prsentation de l'diteurPlay with Freedom...And Win More!The Best Tennis of Your Life is an inspirational and practical guide that will help players of all levels finally master the mental game. Author Jeff Greenwald draws from his unique background as a world-class player, sports psychology consultant, psychotherapist, and former coach to provides 50 specific tools you can immediately apply in any match situation.This comprehensive guide will show you how to:Embrace nerves and play even better under pressureMaintain confidence to win more consistentlyDevelop a pin-point focusAccess an ideal level of intensityPlay with a renewed sense of passion and freedom Why wait any longer to play the best tennis of your life? Get the mental edge with this invaluable resource and watch your game soar.