



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

By Jeff Greenwald

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Play 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 pressure
- Maintain confidence to win more consistently
- Develop a pin-point focus
- Access an ideal level of intensity
- Play 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.

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Editorial Review

About the Author

Jeff Greenwald, M.A., MFT is a former tennis professional, a psychotherapist specializing in sports psychology, and an associate editor for TennisOne.com. He has written articles for numerous tennis publications, including *Tennis Magazine* and *Inside Tennis*, and is the author of *Fearless Tennis: The 5 Mental Keys to Unlocking Your Potential*, a double-CD audio program. He is a frequent speaker at tennis clubs.

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Regina Laporte:

Playing with family in a park, coming to see the sea world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on

roller coaster you are ride on and with addition of knowledge. Even you love The Best Tennis of Your Life: 50 Mental Strategies for Fearless Performance, it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't obtain it, oh come on its named reading friends.

Robert Crawford:

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