



# Tennis: Winning the Mental Game

*Robert Weinberg*

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## **Tennis: Winning the Mental Game** Robert Weinberg

If you have ever lost your concentration after a bad shot, gotten tight and choked due to the pressure, got mad over a bad line call, or lost motivation to practice or hang in a match, then Tennis: Winning The Mental Game is just for you. In competitive tennis, it is usually the player who can win the mental game, that usually wins the match. This hands-on research-to practice book is an excellent tool for understanding and building mental toughness and teaching mental skills

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