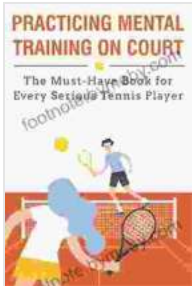


Master the Mental Game of Tennis: The Must-Have Guide for Serious Players



Practicing Mental Training On Court The Must-have Book For Every Serious Tennis Player: Mental Training

by David Weber

★★★★☆ 4.4 out of 5

Language : English
File size : 29122 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 558 pages
Lending : Enabled



Are you ready to unlock your full potential on court and become the player you were always meant to be? Practicing Mental Training on Court is the essential guide to mastering the mental side of tennis, written by renowned sports psychologist Dr. Jim Loehr.

With over 30 years of experience working with elite athletes, Dr. Loehr has developed a proven system for helping tennis players overcome mental barriers, stay focused, and perform under pressure. In this book, he shares his insights and exercises with you, so you can learn how to:

- Identify and overcome negative self-talk
- Develop a positive and confident mindset

- Stay focused and present in the moment
- Manage anxiety and stress
- Bounce back from setbacks and adversity
- Visualize success and achieve your goals

Practicing Mental Training on Court is more than just a book; it's a comprehensive program that will help you transform your mental game and take your tennis to the next level.

Here's what people are saying about Practicing Mental Training on Court:



“ "Dr. Loehr's book is a must-read for any serious tennis player who wants to reach their full potential. He provides practical and effective strategies for overcoming mental barriers and performing under pressure." - Andre Agassi, 8-time Grand Slam champion ”



“ "Practicing Mental Training on Court is an essential guide for any tennis player who wants to improve their mental game. Dr. Loehr's insights and exercises have helped me become a more focused, confident, and resilient player." - Serena Williams, 23-time Grand Slam champion ”



“ "Dr. Loehr's book is a game-changer for tennis players. He provides a proven system for overcoming mental challenges and performing at your best. I highly recommend this book to any player who wants to take their game to the next level." - Roger Federer, 20-time Grand Slam champion ”

If you're serious about improving your tennis game, then you need to read *Practicing Mental Training on Court*. Free Download your copy today and start transforming your mental game!

About the Author

Dr. Jim Loehr is a world-renowned sports psychologist and performance coach. He has worked with elite athletes from all over the world, including tennis players, golfers, skiers, and cyclists. Dr. Loehr is the author of several bestselling books on sports psychology, including *The Mental Edge*, *The Power of Self-Confidence*, and *The New Toughness Training for Sports*.

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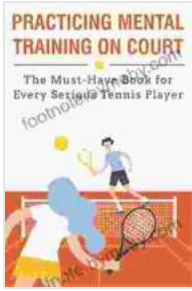
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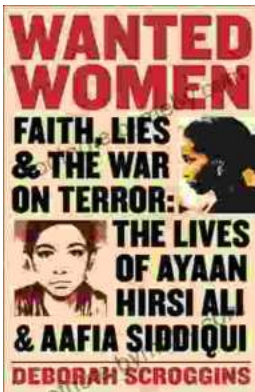
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