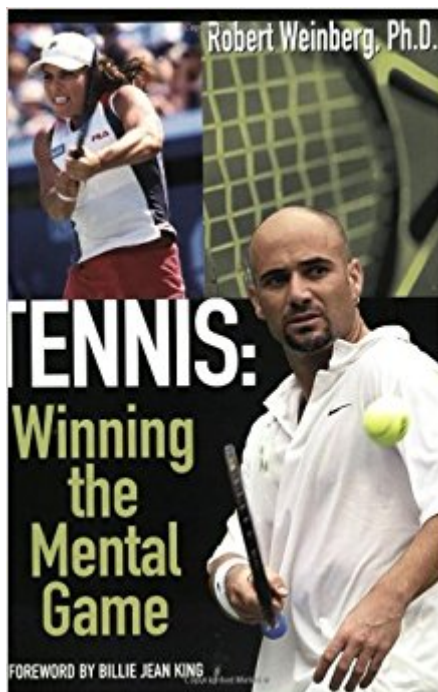


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Tennis: Winning The Mental Game



Synopsis

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

Book Information

Paperback: 184 pages

Publisher: Robert Weinberg (June 15, 2002)

Language: English

ISBN-10: 0972094008

ISBN-13: 978-0972094009

Product Dimensions: 6.1 x 0.3 x 9.1 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.4 out of 5 stars 8 customer reviews

Best Sellers Rank: #906,072 in Books (See Top 100 in Books) #54 in *Books > Sports & Outdoors > Coaching > Tennis* #285 in *Books > Sports & Outdoors > Individual Sports > Tennis* #334 in *Books > Sports & Outdoors > Racket Sports*

Customer Reviews

This is the most practical psychology of tennis book I've ever read. -- Dr. Kevin Burke, Sport Psychologist
Winning the mental game provides real answers on applying mental skills in the quest of on-court excellence -- Dr. Paul Lubbers USA Tennis Coaching Education

Dr. Robert Weinberg, an internationally recognized sport psychologist, has been a leader in his field and its application to tennis for more than 20 years. He has conducted hundreds of workshops on mental training for tennis around the world and is one of the most prolific writers (scientific and practical) in the field of sport psychology. Dr. Weinberg is currently a ranked tournament player (formerly a collegiate tennis player and coach) and consults with tennis players of all ages

This is the most comprehensive overview of the variables that highlight winning tennis that I have come across. Competitive tennis at higher levels involves intense practice conducted properly but, when competitive match play is in process, having an understanding of the factors such as negative

and positive self-talk, ineffective anger and generalized anxiety and so on are often crippling barriers to success on the tennis court. Match play, unlike practice is not necessarily fun, it is often saturated with stress, pressure from a variety of sources and requires as much effective mental self-management as physical expertise. What is fun at advanced levels of match play is winning. The relief, excitement and the exhilaration when you shake hands at the end of a match is the reinforcement that all competitive tennis players yearn for. Weinberg is a psychologist and competitive tennis player. He is not only aware of the relevant research in contemporary cognitive behavioral science but has contributed to the archives in this domain as well. Self-management is a key component in winning tennis as well as in life and Weinberg spells out the issues in a serious and easy to read text. I use the book with my own varsity tennis group with great success. Managing the emotional and intellectual side of the game is not a "slam"dunk. There are "mental" habits that have to be de-conditioned and extinguishing and initiating better styles of approaching the game is a challenging exercise. But if you are interested in a template for doing just that, *Winning the Mental Game* by Weinberg is a wonderful place to start! Mike Merbaum, Ph.D

It is a must for all tennis coaches. Dany Couture National player development coach Canada

happy with it

Useful.

This book is not perfect but it is by far the best I have read on the mental game. *Winning Ugly* is also good. My son is 13 and a highly ranked player. He has all the shots but sometimes lags behind in the mental game. He has had some problems closing sets and matches. There is some good info in this book that will help that problem. One can not overemphasize the importance of the mental game, especially at higher levels of play.

I am reading this book for the second time, and find it as excellent this time as the first time. The author knows what he's writing about, both from a theoretical basis and from experience.

It's not as entertaining.

This is without a doubt one of the best books on the market that covers the mental part of

competitive tennis. It is the only book I am aware of that highlights some of the best aspects of the work of different contributors to the area of mental development in tennis: Tim Gallwey, Jim Loehr, and Karl Slaikeu, to name just a few. I have been teaching and coaching tennis for 35+ years and use bits and pieces from all of these experts. This is truly a great resource!

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