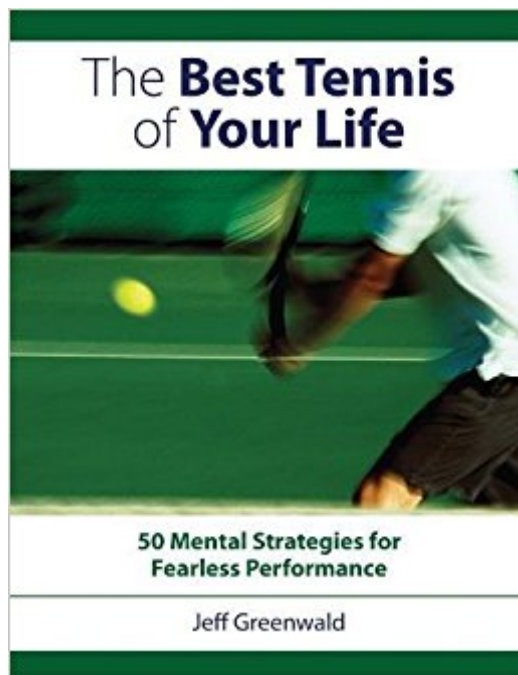




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# The Best Tennis Of Your Life: 50 Mental Strategies For Fearless Performance



## Synopsis

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 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.

## Book Information

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## Customer Reviews

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. [www.mentaledge.net](http://www.mentaledge.net)

The next edition of this book should be subtitled "Relax, enjoy, and win" because that's exactly what it helped me do. Yes, even at the recreational level, playing to win is part of the game (your doubles partner would no doubt approve) but subjecting yourself to an ongoing internal monologue of

pressure and self-criticism is demoralizing, ineffective, and takes the fun out of the game. Jeff Greenwald tells you how to reduce pressure and relax which in my case has resulted in more wins, fewer losses, and - best of all - a lot more enjoyment. I play doubles with a very competitive group and found myself becoming uncomfortable at the prospect of playing each week but after reading *The Best Tennis of Your Life* I look forward to playing and really enjoy it. Read this book and smile when Hammerin' Hank winds up for a cannonball serve to your backhand. See if you don't return more of them and enjoy the game too!

What he has written makes so much sense. I have read 'winning ugly' from Brad Gilbert. He may a good player at his time but Jeff's book was way better. One of the best mental toughness book i've read but....to get the message across to some of the younger players to think likewise is another thing.

One of the better tennis books out there. Approachable lessons and tips you can immediately apply to your game upon opening the book and reading a few chapters. I appreciate the authors approach to tennis and the ease in which he explains his tenets of his philosophy over the course of 50 brief lessons.

this little mental toughness book is like a road map to a greater game and highly recommend any player that wants to take their game a notch higher at club, college or national level!

Valuable insights in every tip. This is the book that you should not read at once - read 1-3 tips per week and use them during your game. Some will work for you better than others.

Great read, Jeff Greenwald. The book provides 50 great mental tips and strategies for playing your best tennis. It has helped my game tremendously. Highly recommend.

The author did a great job summarizing a LOT of sports psych into easily digestible tidbits. It makes it much easier to sink in when you don't have to slog through pages and pages of background material that would only be of interest to a counselor. And the small size and direct prose is perfect for those times when you need a quick refresher on a topic. Where I found the book lacking was on dealing with abusive team mates. I've been in matches where during the last few games of the last set, my partner just starts getting really abusive when the errors happen. I find it impossible to get

my head back into the game when my partner is screaming "Just get it IN!" when I double fault. Or as what happened to a friend of mine when her partner told her that he'd "kill her if she misses a shot!" Yeah, you don't have to play with them AFTER, but you have a game with them NOW - what to do? For those who want more on sports psych and what wasn't listed in the author's suggested reading: In Pursuit of Excellence - 4th Edition - I know, the title looks like some hokey business book, but Terry has a lot of good stuff in there.

This book is great. Not something you are going to pick up and read cover to cover due to the content and the way you need to slowly incorporate topics into your game but it is excellent. Most chapters are 2 to 3 pages long and offer great strategies to improve your game.

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