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The book gives the perspective of ugly way of winning, the perseverance, the mental machination that can surpass stronger player. Using the improved

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observation, winning is on your hand with odds of 20%. Using every single strategy to win is natural especially in multi-million dollar match.

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He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names-all by playing his "ugly" game. Now, in *Winning Ugly*, Gilbert teaches recreational players how to win more often without necessarily even changing their strokes.

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Winning Ugly: Mental Warfare in Tennis--Lessons from a Master (Kindle Edition) Published May 28th 2013 by Touchstone Kindle Edition, 256 pages

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The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy

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Murray, and more, to help you outthink and outplay your toughest opponents A former Olympic medalist and now one of ESPN ' s most respected analysts, Brad Gilbert shares his timeless tricks and tips, including “ some real gems ” (Tennis magazine) to help both recreational and professional players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

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He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names - all by playing his ugly game. Now in WINNING UGLY Gilbert teaches recreational players how to win more often without necessarily even changing their strokes. The key to success, he says, is to become a better thinking player - to recognize, analyze and capitalize. That means outthinking your opponents before, during and much after a match; forcing him or her to play your game. WINNING UGLY is an invaluable combat manual for the court, and its tips include some real gems. Ultimately,

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WINNING UGLY will help you beat players who have been beating you.

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Winning Ugly is an invaluable combat manual for the court, and its tips include some real gems. Ultimately, Winning Ugly will help you beat players who have been beating you.

Tennis is more mentally difficult than most other sports. Because of its one-on-one nature, it feels more important than it is. Competitive matches can become highly stressful, and losing is painful. Emotions tend to get out of hand, with fears and nerves becoming difficult to control. Confidence comes and goes; the scoring system is diabolical; and everyone is at risk of choking, even the greatest players in the world. This book attacks these and other issues faced by players of

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all levels. Dr. Allen Fox ' s solutions are logical and straightforward, and most importantly, they have been tested on court and they work.

A champion tennis player reveals his dietary secret to optimum fitness, providing weekly menus, mindful eating tips, and recipes to support a gluten-free lifestyle.

A Davis Cup winner and Pepperdine coach has written the first book on the strategy and mental dimension of the game since the bestselling *The Inner Game of Tennis*.

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Whether you are a tennis novice, a beginner ready for competition, a club player with an eye on the tournament trophy, or a professional stuck in a rut, Vic Braden's Mental Tennis shows you that your mind can be the single best tool to reconstruct your game. In his new breakthrough book, Vic Braden demonstrates how to improve your physical performance dramatically and develop a winning mental attitude - both on the court and off. Vic Braden is America's favorite tennis coach, recognized and respected by professionals and amateurs alike. In addition to being a licensed psychologist, he has been a major force in tennis - as a player and a teacher - since the early 1960s. In Mental Tennis, he draws upon his unique background and

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years of personal research - tested on thousands of his students - along with the latest technical and statistical information, and shows you how to maximize the potential of your mind to achieve peak playing skills, while boosting your confidence and enjoyment of the game. With his characteristic humor and charm, and using entertaining and instructive examples of famous players and matches, Vic Braden identifies common problems that can undermine your performance on the court, and explores their causes. He provides important psychological insights, and expert advice on how to overcome mental obstacles - such as self-doubt; lack of focus; guilt about winning; the stress that stems from a fear of losing, being humiliated, or letting down your

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doubles partner - and challenges you to set realistic and healthy goals for improvement. In addition to methods for long-term progress and fundamental behavior modification, Vic Braden's Mental Tennis also provides quicktriggers for immediate results; effective strategies to reverse years of bad habits; and tips on how to psych out your opponent, how to perform well under pressure, and how to maintain concentration and tune out external distracti

Take Your Doubles Game to the Next Level! Whether you're trying to improve your doubles game or are just getting started playing tennis with a partner, The Art of Doubles is the book for you. Author Pat Blaskower is

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your personal coach, guiding and encouraging you and your partner to play winning tennis by showing you how to:

- choose a compatible partner
- determine your jobs on the court
- learn poaching skills
- communicate with each other and opposing teams
- maintain mental toughness
- use various formations and strategies
- pick your shots intelligently
- decide where to play: tournaments or leagues
- and much, much more!

The book also includes detailed court diagrams that show you how to execute offense, defense, and tactical plays; checklists that summarize the most important points of each chapter; and on-court drills to help you improve and refine your skills. The Art of Doubles is loaded with practical, proven tennis

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strategies that you can put to work immediately to see improvements in your own doubles game!

See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. Tennis Anatomy will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. Tennis Anatomy includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Tennis Anatomy goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active

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muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you ' re a serve and volleyer, baseliner, or all-court player, Tennis Anatomy will ensure that you step onto the court ready to dominate any opponent.

The tennis star offers a candid account of his athletic career that reveals his rise to fame on the court, his

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most dramatic on-court moments, his famed rivalry with Andre Agassi, and the pressures of and lessons learned about success.

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