



# The Mental Advantage: Developing Your Psychological Skills in Tennis

*Robert S. Weinberg*

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# **The Mental Advantage: Developing Your Psychological Skills in Tennis**

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This book shows players how to improve their game by: coping with anxiety, fine-tuning their concentration skills, using mental imagery, building their confidence, and increasing their motivation by goal setting. The book also includes practical advice on how to mentally prepare for a match, use gamesmanship and psychological strategies, and succeed in doubles.

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