



# The Best Tennis of Your Life: 50 Mental Strategies for Fearless Performance

*Jeff Greenwald*

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## **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 pressure
- Maintain confidence to win more consistently
- Develop a pin-point focus
- Access an ideal level of intensity
- Play 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.

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