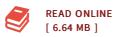


## Prime Tennis Triumph of the Mental Game

By Jim Taylor Ph. D.

iUniverse. Paperback. Condition: New. 212 pages. Dimensions: 9.2in. x 6.1in. x 0.5in.As one of Americas premier tennis psychologists, Dr. Jim Taylor knows what it takes to play winning tennis. The lessons Dr. Taylor has learned from working with some of the worlds best players, coaches, and juniors will change the way you play tennis. Prime Tennis introduces you to the essential mental factors that impact tennis including motivation, confidence, intensity, focus, and emotions. You will learn simple and practical techniques you can use to be your own best ally on court, stay cool when the pressure is on, and play your best tennis consistently. You will learn about the secrets that make the top pros great and how you can incorporate those secrets into your own game. Prime Tennis will teach you how to take your tennis to a new level. Ultimately, Prime Tennis will show you how to experience the Triumph of the Mental Game! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.





## Reviews

It in a of the most popular publication. It is actually rally intriguing throgh looking at time period. Your daily life span is going to be change the instant you total reading this publication.

-- Mrs. Shanna Mann

The book is straightforward in go through easier to recognize. it was actually writtern extremely perfectly and useful. I am very happy to explain how this is actually the greatest publication i have read through within my individual life and might be he finest ebook for actually.

-- Gladys Conroy