



Mastering the Mental Game in Tennis: 11 Tips for Winning More Tennis Matches

Jamie Andrews

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11 Immediately actionable tips plus an implementation blueprint for how to apply them in practice, before a match, during the pre-match warm up and during a match.

The Mental Game accounts for over 85% of your game when playing a tennis match. Learn 11 practical and immediately actionable tips that will increase your mental toughness and win you more tennis matches.

This book incorporates the most effective mental tactics specifically aimed at improving your tennis game and winning more matches.

You will learn both the reasons behind the most challenging mental obstacles in tennis and step by step practice and match techniques to overcome those challenges.

The tips are straightforward and include immediately actionable steps you can use today in your practice to start seeing tennis match improvements tomorrow!

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