Are You Mastering The Mental Game?

Would you like to break through your mental and emotional tennis performance barriers, beat the players you know you should, and play to your full potential? Whether you’re just starting out, playing for fun or are competing, this book is your complete personal blueprint to becoming mentally tough, taking your tennis performance to the next level and mastering the mental game.

Quickly Discover Hundreds Of Easy-To-Use Mental Game Tips:

• Develop a comprehensive mental game plan that helps you concentrate, handle nerves and get you into the high-performance zone—when it counts most—under pressure.
• Build a personalized, custom pre-play psych-up system to help you get into your best mind-set before any lesson, practice or match.
• Stop being your own worst enemy on the court, and successfully handle the often frustrating emotions that arise in learning, practicing and competing.
• Avoid “the mind traps of being in the lead” and use the secrets of momentum and mental match management to win more games and sets, and to close out more matches.
• Defeat the gamesmanship and mind game psych-outs your opponents use to try to get into your head, upset you emotionally, and get you off your game.
• Overcome slumps, burnout, the fear of losing, the fear of winning and develop a tremendous never-give-up mentally-tough competitive attitude that wins matches.
• Use the mental game secrets of world-class tennis pros from the over 50 interviews the author has conducted in his 30 years of research in sports psychology. Learn from John McEnroe, Jimmy Connors, Bjorn Borg, Rod Laver, Pete Sampras, Boris Becker, Chris Evert, Billie Jean King, Martina Navratilova, Andre Agassi, Mats Wilander, Jim Courier, Jimmy Arias, Stefan Edberg, Michael Chang, Steffi Graf, Virginia Wade, Martina Hingis and others.
• Diagnose your mental game with a comprehensive and easy-to-use self-assessment tool that instantly helps you discover the exact mind-body problems in your tennis and the exact answers to resolve each of them.

“Bill Cole has developed a comprehensive mental training program aimed at promoting peak performance. Cole can repair your attitude.” —San Jose Mercury News

“Bill Cole is the coach’s coach. He really knows about peak performance and the mental game.” —Neil Fiore, PhD, author of the book, The Now Habit

“Bill is an authority on sports psychology. He is one of the top peak performance coaches in the country.” —Stanford University Baseball Team, ranked #1 in the USA

This ultimate, one-of-a-kind mental game success manual shows you, step-by-step, how to overcome the mental obstacles and competitive pitfalls that have been holding you back from playing great tennis. A whole new level of peak performance tennis success is awaiting you. Are you ready to reach more of your tennis potential?

Bill Cole, MS, MA, The Mental Game Coach™ is a leading authority on peak performance who has coached on the ATP Pro Tennis Tour®, including Wimbledon and the US Open. He has been a consultant to big-time college athletic teams, major-league pro sports stars and top business executives. His professional players have had career wins over Pete Sampras, Marat Safin, Andy Roddick, Gustavo Kuerten, Michael Chang and Tim Henman. Bill is also the Founder and President of The International Mental Game Coaching Association.

www.SportsPsychologyCoaching.com

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