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The book gives the perspective of ugly way of winning, the perseverance, the mental
machination that can surpass stronger player. Using the improved observation, winning is

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on your hand with odds of 20%. Using every single strategy to win is natural especially in multi-million dollar match.

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He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names--all by playing his "ugly" game. Now, in Winning Ugly, Gilbert teaches recreational players how to win more often without necessarily even changing their strokes.

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The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents A former Olympic medalist and now one of ESPN ' s most respected analysts, Brad Gilbert shares his timeless tricks and tips, including “ some real gems ” (Tennis magazine) to help both recreational and professional players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names - all by playing his ugly game. Now in WINNING UGLY Gilbert teaches recreational players how to win more often without necessarily even changing their strokes. The key to success, he says, is to become a better thinking player - to recognize, analyze and capitalize. That means outthinking your opponents before, during and much after a match; forcing him or her to play your game. WINNING UGLY is an invaluable combat manual for the court, and its tips

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Tennis is more mentally difficult than most other sports. Because of its one-on-one nature, it feels more important than it is. Competitive matches can become highly stressful, and losing is painful. Emotions tend to get out of hand, with fears and nerves becoming difficult to control. Confidence comes and goes; the scoring system is diabolical; and everyone is at risk of choking, even the greatest players in the world. This book attacks these and other issues faced by players of all levels. Dr. Allen Fox ' s solutions are logical and straightforward, and most importantly, they have been tested on court and they work.

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A champion tennis player reveals his dietary secret to optimum fitness, providing weekly menus, mindful eating tips, and recipes to support a gluten-free lifestyle.

Baseball, our national pastime. Every fan has memories of their team ' s incredible victories and anguishing defeats. We remember the home runs, the walk-off wins, and the moments that will last a lifetime. We also remember those things which we wish we could forget: the errors, the mental mistakes . . . and the ugly uniforms. In an ode to those eyesores, Todd Radom has collected and chronicled some of the swing-and-misses we ' ve ever seen on the baseball diamond. Remember when the Chicago White Sox thought wearing shorts in 1977 was a good idea? How about when the Baltimore Orioles wore their all-orange jerseys in 1971? Do you remember the 1999 " Turn Ahead the Clock " campaign? Or the most recent all-camo jerseys of San Diego Padres? Yes, there is much to talk about when it comes to the odd uniform decisions teams have made over the years. But just like there ' s love out there for French bulldogs or Christmas sweaters, ugly uniforms hold a warm place in the heart of all baseball fans. Sure they didn ' t affect wins and losses (unless you mention Chris Sale), but a fan ' s love and ire goes well beyond the current standings. So whether your team appears in Ugly Baseball Uniforms or not, fans of the sport will enjoy reliving the moments most teams would like to forget.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for

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hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “ relaxed concentration ” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “ Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program. ” —from the Foreword by Pete Carroll

Whether you are a tennis novice, a beginner ready for competition, a club player with an eye on the tournament trophy, or a professional stuck in a rut, Vic Braden's Mental Tennis shows you that your mind can be the single best tool to reconstruct your game. In his new breakthrough book, Vic Braden demonstrates how to improve your physical performance dramatically and develop a winning mental attitude - both on the court and off. Vic Braden is America's favorite tennis coach, recognized and respected by professionals and amateurs alike. In addition to being a licensed psychologist, he has been a major force in tennis - as a player and a teacher - since the early 1960s. In Mental Tennis, he draws upon his unique background and years of personal research - tested on thousands of his students - along with

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the latest technical and statistical information, and shows you how to maximize the potential of your mind to achieve peak playing skills, while boosting your confidence and enjoyment of the game. With his characteristic humor and charm, and using entertaining and instructive examples of famous players and matches, Vic Braden identifies common problems that can undermine your performance on the court, and explores their causes. He provides important psychological insights, and expert advice on how to overcome mental obstacles - such as self-doubt; lack of focus; guilt about winning; the stress that stems from a fear of losing, being humiliated, or letting down your doubles partner - and challenges you to set realistic and healthy goals for improvement. In addition to methods for long-term progress and fundamental behavior modification, Vic Braden's Mental Tennis also provides quicktriggers for immediate results; effective strategies to reverse years of bad habits; and tips on how to psych out your opponent, how to perform well under pressure, and how to maintain concentration and tune out external distracti

Advice from a pro on how to improve your tennis game lists the six reasons never to serve first, discusses psychological aspects of the game, and reveals how McEnroe and Connors could "steal" a match. National ad/promo.

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