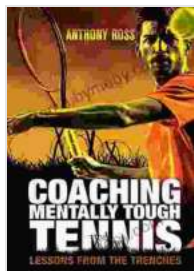


Coaching Mentally Tough Tennis Lessons From The Trenches

The Ultimate Guide to Developing an Unbeatable Mindset for Competitive Success

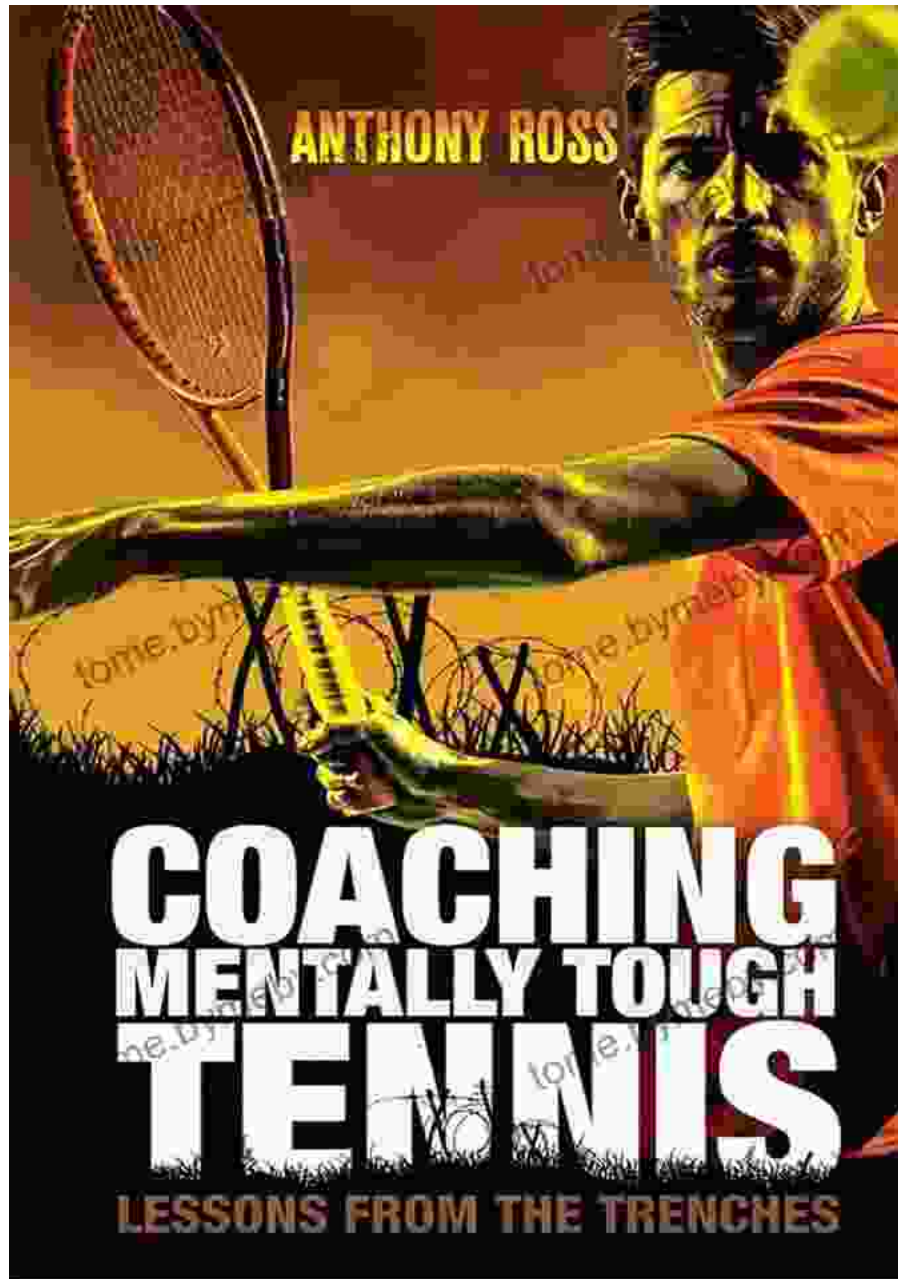


Coaching Mentally Tough Tennis: Lessons From The Trenches by Cary Hanson

★★★★☆ 4.8 out of 5

Language : English
File size : 390 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 170 pages
Lending : Enabled





The Key to Achieving Your Full Potential

In the competitive world of tennis, mental strength can be the deciding factor between victory and defeat. Coaching Mentally Tough Tennis Lessons From The Trenches provides the tools and techniques you need to develop unshakeable resilience, focus, and determination on the court.

Unlocking The Secrets of Mental Toughness

Coaching Mentally Tough Tennis Lessons From The Trenches is written by renowned tennis coach and mental performance expert, Dr. Jim Loehr. With over 30 years of experience coaching top professional athletes to success, Dr. Loehr shares his trade secrets for cultivating mental toughness in tennis players.

Step-by-Step Guidance to Mental Mastery

This comprehensive guide takes you on a journey through the essential elements of mental toughness, including:

- Identifying and overcoming mental barriers
- Developing focus and concentration under pressure
- Building confidence and self-belief
- Handling setbacks and adversity
- Mental preparation for competition

Practical Drills and Exercises for Real-Life Results

Coaching Mentally Tough Tennis Lessons From The Trenches is not just a book; it's a practical guide that helps you apply Dr. Loehr's principles to your own game. The book includes a wealth of drills, exercises, and real-life scenarios to help you build mental toughness from the inside out.

Testimonials from Top Tennis Players and Coaches



“ "Coaching Mentally Tough Tennis Lessons From The Trenches is a must-read for anyone who wants to improve their mental game. Dr. Loehr's insights and techniques have helped me become a more resilient and successful player on the court."

- Roger Federer, 20-time Grand Slam champion”



“ "Coaching Mentally Tough Tennis Lessons From The Trenches is a game-changer. Dr. Loehr's approach to mental toughness is practical, effective, and has helped my players develop the mindset of champions."

- Patrick Mouratoglou, coach of Serena Williams”

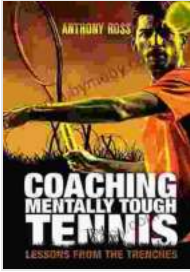
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About the Author

Dr. Jim Loehr is a world-renowned expert in sports psychology and performance enhancement. He is the author of several bestselling books, including The Mental Toughness Handbook and The New Toughness Training for Sports.

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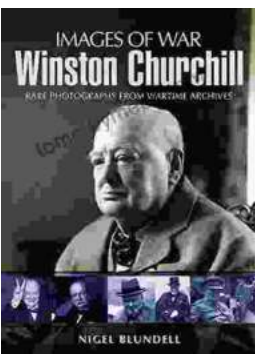
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