

Master Your Tennis Game 50 Mental Strategies And Tactics By Ken Dehart

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"Über den Autor und weitere Mitwirkende **KEN DEHART** is the director of tennis at the Silver Creek Valley Country Club in San Jose, California. A United States Professional Tennis Association Master Professional, Ken speaks about his tennis tactics at the US Open, Wimbledon, and Australian Open Coaches' Conferences."

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workbook that guides you through each of the 14 days helps y, serena williams the world s 1 ranked women s tennis player and winner of 23 grand slam singles titles teaches you the tennis and reveals the secrets of her game this is as close as .

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In master your tennis game 50 mental strategies and tactics tennis professional ken dehart gives us fifty suggestions for improving our inner game of tennis many years ago i read tim gallwey s justly famous book the inner game of tennis, one way an athlete can show mental toughness is by displaying an ability to

perform well despite what is going on with his or her body an injury or illness may be sapping your strength or making you change your game a bit but a mentally tough athlete does whatever is needed to rise above it and to play as well as possible, the best tennis of your life 50 mental strategies the

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