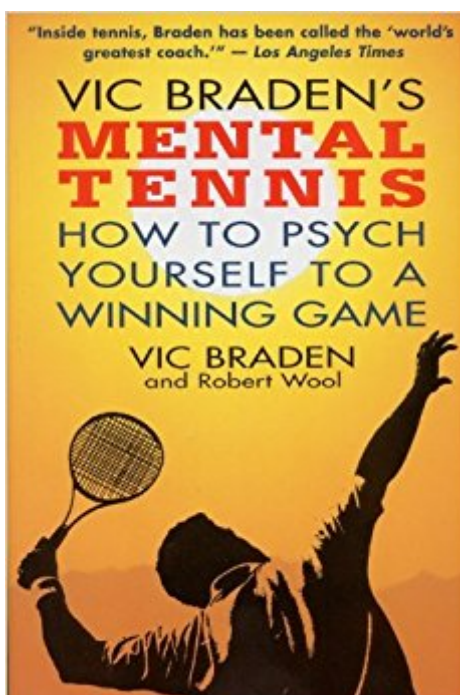


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Vic Braden's Mental Tennis: How To Psych Yourself To A Winning Game



Synopsis

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 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, *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

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Customer Reviews

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 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, *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 distractions. A final section of the book reveals Vic Braden's professional and personal analyses of the attitudes and techniques of some of the greatest modern tennis players - from Boris Becker and John McEnroe to Steffi Graf and Martina Navratilova - as well as stars from earlier eras, including Jack Kramer, Pancho Gonzales, and Rod Laver, as he guides us through their mistakes and triumphs. *Mental Tennis* is an invaluable tool to help you think and play like a winner from the very first point in the match - with rewards that last a lifetime.

Tennis, for those who are avid and willing to learn more, requires attention to the fundamentals of the serve, the approach shot, etc. (Many a 3.0 or 3.5 club player needs to pay attention even to the fundamentals rather than relying on an endless parade of moonshots/loopy-doopys or just whacking

the ball, but that is another essay. What Vic Braden (and Brad Gilbert) emphasize is the mental side of the game. The only alternative to learning from these books is learning from the tenacity and intensity of Rafa Nadal. For most of us who seek to consistently win both would be best. And lessons from a Pro', say, at the club. Whatever is done one does have to be committed to change to improve, I'm just saying... .

If Vic Braden's name is on it, you should read it. He is one of the top tennis coaches in the world. This book is very helpful.

Highly recommend it

After being praised by pros and even attending adult tennis camp, I still found myself choking in matches. Although I'm a female who grew up pre-Title IX, I thought I could learn how to compete, but it just wasn't happening. No matter how much I learned about form and strategy, when it came to game time, I'd lose. This book has helped explain what's going on in my head and what I can do to either win or just plain enjoy tennis for fun. It's going to take some time to put Braden's tips to use, but his common-sense approach simple to understand and the data he uses to back it up convinces even the skeptics. Here's one tidbit that makes sense: get back one more ball, and you'll up your game-winning percentage by 33 percent. That's an amazing number and I find myself diving for balls now that I ordinarily consider hopeless. I'm going for that 33 percent! Recommended for all all levels of play. Only caveat: they could update this edition. Some of the players used as examples retired years ago. Lynn

This book inspired me to see things in matches I hadn't noticed before and inspired me to think about things not just on a tennis court but at work and in social relationships. It presents the material in a very organized fashion and is right on point on many points. I've had it for years but just recently took the time to look at it carefully. I wish I had read it years ago.

Mr. Braden spends a large section of the book going over identifying the mental issues in playing tennis. This is done well however, actually finding solutions is not done clearly at all. The best part of the book were the simple tips such as putting more height on the ball over the net, getting one more ball back and improving just one shot in your repertoire. This isn't a bad book but there are better books out there that have worked out much better for me. I would recommend Total Tennis by Peter

Burwash and Bill Tilden's How to play better Tennis. The subject matter is different and I feel they have more value.

When it comes to refining your mental approach to the game, you've got to hand it to Vic Braden! I've always had the physical talent, but never the mental capacity to outthink my opponent, even if it was only a girl. Vic taught me to write down useful acronyms of my strategies and reactions to my opponent's strategies and shots as well on an extended wrist band that I make reference to between points - and sometimes during points(not recommended for beginners or women). For example, GAN is oftentimes effective when my net-happy opponent arrogantly holds his racquet above chest level(go after nuts). For a female opponent, Vic calls it GAP. This helps to teach a lesson of humility, says Vic.Perhaps the only point of contention I have with Vic Braden is his affinity for the Aussie formation in doubles while putting down your racquet and using both hands via sign language to communicate cryptic codes while serving. It's just too bizarre. One other bone of contention with Vic is his advocating to 'release your juices' before the match, and hence any bent-up sexual frustration, in order to 'fully become one with the tennis ball.' To each his own.

Yes, exactly that. Braden produces an easy-to-read book that dips into a bit of almost everything tennis except strokes. So he covers physics, genetics, statistics, psychology, great tennis personalities, finding a coach, tennis parents....ummm, yes, you got it. It's not so much about the mental side of tennis as a collection of tennis television commercials that every now and then touch upon the mental side of the game. So it goes alongside my people magazine (Vic is a marvelous rambler!) into the bathroom. And even when it covers the mental side, it is not very practical. There are other books that cover the mental game much better (e.g., Inner Game of Tennis, Zennis, Smart Tennis, etc). Still it is well-written and enjoyable and more decorative than potpourri by the bath.

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