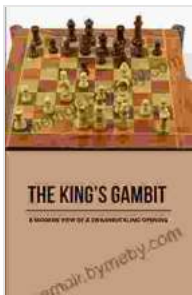


# Stay Calm In Tennis: The Ultimate Guide to Mental Toughness on the Court

Are you tired of letting your emotions get the best of you on the tennis court? Do you find yourself getting angry, frustrated, or anxious during matches? If so, then you need to read Stay Calm In Tennis.



## The King's Gambit: A Modern View Of A Swashbuckling Opening: Stay Calm In Tennis by Tomohito Oda

★★★★☆ 4.9 out of 5

Language : English  
File size : 9184 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Print length : 84 pages  
Lending : Enabled  
Screen Reader : Supported



Stay Calm In Tennis is the ultimate guide to mental toughness on the court. This book will teach you how to stay calm under pressure, focus on your game, and overcome your mental demons. With over 100 pages of expert advice and proven techniques, Stay Calm In Tennis is the only book you need to improve your mental game and take your tennis to the next level.

### What You'll Learn in Stay Calm In Tennis

- How to identify and challenge your negative thoughts
- How to stay calm under pressure

- How to focus on your game
- How to overcome your mental demons
- How to develop a winning mindset

## **Who is Stay Calm In Tennis For?**

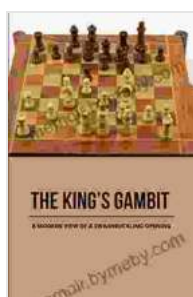
Stay Calm In Tennis is for any tennis player who wants to improve their mental game. Whether you're a beginner or a seasoned pro, this book can help you take your game to the next level.

## **About the Author**

Dr. Patrick Cohn is a sports psychologist who has worked with some of the world's top tennis players. He is the author of several books on mental toughness, including Stay Calm In Tennis.

## **Free Download Your Copy Today**

Stay Calm In Tennis is available now on Our Book Library.com. Free Download your copy today and start improving your mental game today!



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