



Tennis: Play the Mental Game

David Ranney

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The fact that you are reading this tells me that what you are doing in order to play well is not working. When you read, use, and practice the lessons found in my book, you will find that this way of playing will absolutely improve your tennis and sometimes immediately and dramatically.

Why play another day using techniques that don't help you play your very best? After learning the concepts and techniques found in only the 1st 4 lessons in my book, you may see some significant improvement right away. And the good news is that as you continue to learn and use the lessons in my book, you will continue to see improvement.

In my book you will get:

The complete listing of the Core Principles

28 lesson on the mental game that will make you mentally tough.

11 Strategy lesson that really work and you won't find them anywhere else.

6 Lessons on how to grove your strokes using the mental game principles.

14 drills to help you perfect your mental game.

For those of you who have read Tim Gallwey's book, *The Inner Game of Tennis*, my book is the practical application to it.

Check out David's new book *Play Zen-Sational Tennis*. In this new book, you will get over 50% new and important content on playing the mental game.

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