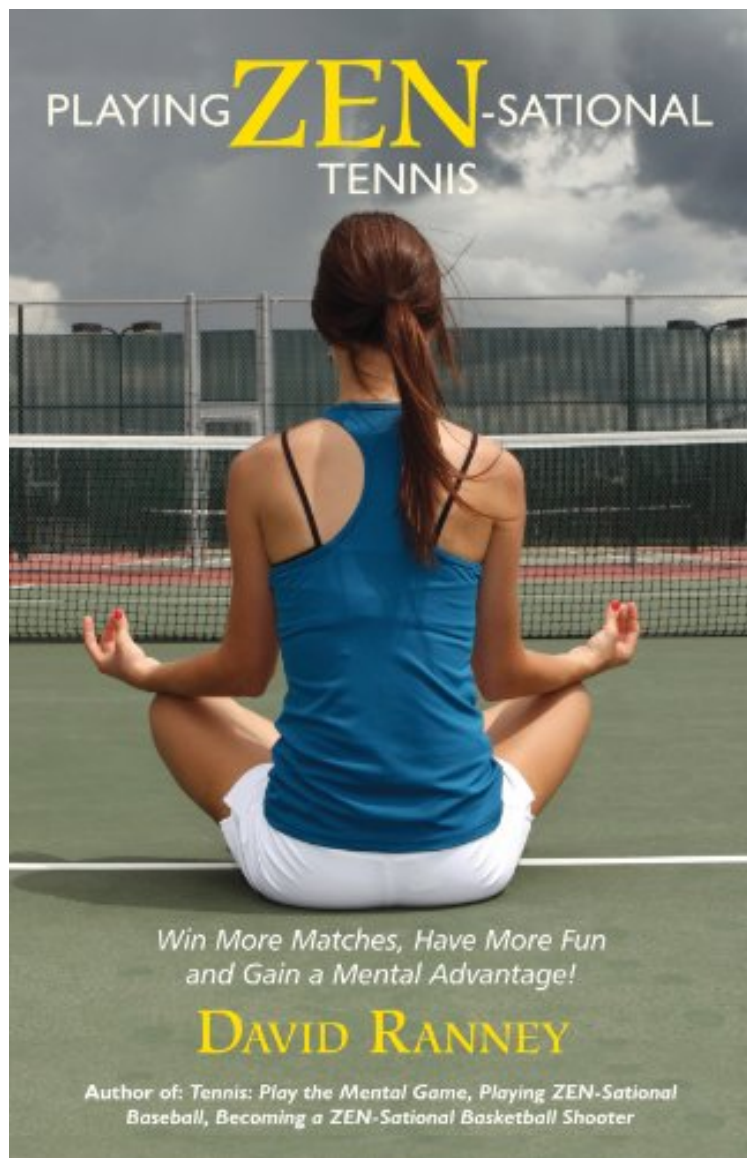


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Playing Zen-Sational Tennis (English Edition)

Von David Ranney

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Von David Ranney : Playing Zen-Sational Tennis (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Playing Zen-Sational Tennis (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. A top book on TennisVon PseudonymDavid Ranney explores the mental side of tennis: concentration, rythm, strategy. Those who have enjoyed the Inner Game of Tennis by Gallawy will find this book very useful. It is not on technique

es such, but ok for both advanced and beginning tennis players. In many ways this is a practical companion to Gallaway's book - but that is perhaps understating it - perhaps an implementation guide to Gallaway.. The book is more of a working companion to tennis, so I think you can expect that it will accompany you for quite some time when you do want to put it into practise. An absolut buy.

Kurzbeschreibung Are You Losing Matches To People You Really Should Beat? Do You Think Being Mentally Tougher Will Help You Win More Matches? Using Zen principles, like being in the present moment, non-judgment, awareness, enhanced focus and letting your strokes flow are centuries old ideas that lead to peak performances. The lessons in my book will help you achieve these states of being. Its time to reach your potential. Get going on improving your game every time you play. Can you see yourself being more consistent, winning more matches, and enjoying playing more? Play Zen-Sational Tennis is the most complete guide to the mental game you will find anywhere. In my book you will get: The complete listing of the Core Principles 59 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. 10 Lessons on how to grove your strokes using the mental game principles. 14 drills to help you perfect your mental game. You will learn how to: See the ball the way it needs to be seen to maximize consistency Breathe properly to achieve upper body relaxation Relax other parts of your body that may be interfering with your play Visualize and condition your mind to achieve rapid improvement Use powerful solutions to overcome frustration, choking, and playing badly Fix your errors immediately during your matches Give yourself a lesson every time you play Use the Mother Of All Tips to absolutely groove your strokes David Ranney is an author, professional speaker, tennis coach and entrepreneur. As a junior, he was ranked nationally 6th in Singles and 3rd in doubles, represented the U.S. at Junior Wimbledon, and played for the University of Southern California when they were National Champions. However, after years of playing with intense frustration, he took two lessons from Tim Gallwey, Author of The Inner Game of Tennis. That experience changed his life forever. He coaches tennis players of all ages all over the world. He lives in Bellingham, Washington. Visit his web site: pureperformancesports.com With this book as your guide, let David Ranney show you how to reach your potential. A Perfect Complement to Timothy Gallwey's Book The Inner Game of Tennis Scroll up and grab a copy today.

Kurzbeschreibung Are You Losing Matches To People You Really Should Beat? Do You Think Being Mentally Tougher Will Help You Win More Matches? Using Zen principles, like being in the present moment, non-judgment, awareness, enhanced focus and letting your strokes flow are centuries old ideas that lead to peak performances. The lessons in my book will help you achieve these states of being. Its time to reach your potential. Get going on improving your game every time you play. Can you see yourself being more consistent, winning more matches, and enjoying playing more? Play Zen-Sational Tennis is the most complete guide to the mental game you will find anywhere. In my book you will get: The complete listing of the Core Principles 59 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. 10 Lessons on how to grove your strokes using the mental game principles. 14 drills to help you perfect your mental game. You will learn how to: See the ball the way it needs to be seen to maximize consistency Breathe properly to achieve upper body relaxation Relax other parts of your body that may be interfering with your play Visualize and condition your mind to achieve rapid improvement Use powerful solutions to overcome frustration, choking, and playing badly Fix your errors immediately during your matches Give yourself a lesson every time you play Use the Mother Of All Tips to absolutely groove your strokes David Ranney is an author, professional speaker, tennis coach and entrepreneur. As a junior, he was ranked nationally 6th in Singles and 3rd in doubles, represented the U.S. at Junior Wimbledon, and played for the University of Southern California when they were National Champions. However, after years of playing with intense frustration, he took two lessons from Tim Gallwey, Author of The Inner Game of Tennis. That experience changed his life forever. He coaches tennis players of all ages all over the world. He lives in Bellingham, Washington. Visit his web site: pureperformancesports.com With this book as your guide, let David Ranney show you how to reach your potential. A Perfect Complement to Timothy Gallwey's Book The Inner Game of Tennis Scroll up and grab a copy today.