



Tennis Mental Game - Quick Fix Book: How to Play Auto-Adaptive Unconscious Competent

Grant Grinnell

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This (quick-fix) book is an extended and overview from the mental toughness section in my (reached #1 best seller) "Tennis Strategy Book, how to beat any style player, singles or doubles".

The book provides time tested philosophies and mindsets that will challenge paradigms you've believed for years. It's content is summarized into powerful bullet point sections of (instant access) and comes through decades of refining mental toughness systems, which has successfully, and repeatedly translated into players improving at a faster rate, and becoming stronger and more resilient competitors.

The section headings include: tennis as an expression, winning and losing, my competition, coping with the philosophy transition, the mental-emotional-physical connection, moving your inner physiology, automated match play, the zone redefined, humility, adversity, how to control your nerves, thriving under pressure, managing mistakes, coping with choking, powerful trigger words plus potent on-court affirmations, how to improve at the fastest rate possible, and how to peak at a designated time or season.

Overall, this book is designed to save you time, reduce the nerves and pressures of match play, and give you the mental attitudes, philosophies and mindsets to play up to and (stretch) the upper limits of your ability on a consistent basis.

Amazon Reader Recommendations on the mental toughness sections in the book include:

This book has redefined how I approach competition in tennis and given me a new perspective on winning and losing. Whether you are an avid tennis player or just starting out, this book will improve your game.

Grant has taken a topic that many students will spend years and thousands of dollars trying to understand and execute, and put it in a book that easily fits in your tennis bag, amazing.

It's so useful that her coach today asked her what happened with focus and mind behavior on the court. Thanks to this book's powerful and simple advice.

Grant teaches about concentrating on improving your mental toughness and soon you are competing with those top players. I bought several copies and plan on buying more to share.

Mental toughness is such an important part of the tennis game and this book has fantastic strategies to improve mental toughness.

So often there are tennis books written in full novel form, and you find yourself trying to extract the key points. In Grant's book they are already summarized for you. I plan on keeping it with me for my upcoming tennis season. Would highly recommend.

I recommend reading mental toughness section first since these are the areas you don't normally learn from regular tennis lessons. My body movement changed dramatically having a different mental state. It relaxes


you, gives you more clear focus and consistency. It totally changed how I see and approach my games.

It's such a mental game and it's way too easy to go from positive to negative. This is a great guide to keeping a positive attitude.

The adjustments are simple and clear, but immensely helpful. I have been using his methods for several months, but have improved more than from any other coaching.

Applying the information in this book has elevated my game; not only my wins, but my enjoyment of the game, enjoyment of the learning journey.

It is easy to follow, clear and concise and has helped me take my game to the next level.

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