



Sport Psychology Library: Gymnastics

Karen D. Cogan

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This user-friendly manual focuses on the physical and the mental skills needed to handle challenging tennis situations with a cool head and a winning strategy. Specifically, the book addresses such crucial mental skills as building confidence, managing anxiety, improving concentration, working with your partner(s), and more. Each chapter includes drills visualizations and exercises that will help the reader enhance game performance and enjoyment. Anyone who loves the unique mental intensity of tennis will enjoy this book.

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