

TENNIS: WINNING THE MENTAL MATCH

Layn Richer

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Tennis: Winning the Mental Match | ACTIVE

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Book Review: "Tennis: Winning the Mental Match", by Allen Fox, Ph.D. -

Tennis is more difficult mentally than most other sports. Because of its one-on- one personal nature, it feels more important than it is. Competitive matches can.

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Allen fox one of the most valuable tennis player at the world. For his whole long life he get not a small success. From to years all.

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