

The Inner Game of Tennis (50th Anniversary Edition): The Classic Guide to Peak Performance Download Epub

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The timeless guide to achieving the state of relaxed concentration that's not only the key to peak performance in tennis but the secret to success in life itself now in a 50th anniversary edition with an updated epilogue, a foreword by Bill Gates, and an updated preface from NFL coach Pete Carroll. Groundbreaking... the best guide to getting out of your own way... Its profound advice applies to many other parts of life. Bill Gates, GatesNotes (Five of My All-Time Favorite Books) This phenomenally successful guide to mastering the game from the inside out has become a touchstone for hundreds of thousands of people. Billie Jean King has called the book her tennis bible; Al Gore has used it to focus his campaign staff; and Itzhak Perlman has recommended it to young violinists. Based on W. Timothy Gallwey's profound realization that the key to success doesn't lie in holding the racket just right, or positioning the feet perfectly, but rather in keeping the mind uncluttered, this transformative book gives you the tools to unlock the potential that you've possessed all along. The Inner Game is the one played within the mind of the player, against the hurdles of self-doubt, nervousness, and lapses in concentration. Gallwey shows us how to overcome these obstacles by trusting the intuitive wisdom of our bodies and achieving a state of relaxed concentration. With chapters devoted to trusting the self and changing habits, it is no surprise then, that Gallwey's method has had an impact far beyond the confines of the tennis court. Whether you want to play music, write a novel, get ahead at work, or simply unwind after a stressful day, Gallwey shows you how to tap into your utmost potential. In this fiftieth-anniversary edition, the principles of the Inner Game shine through as more relevant today than ever before. No matter your goals, The Inner Game of Tennis gives you the definitive framework for long-term success.


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