

The Inner Game of Tennis

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The Inner Game of Tennis is a revolutionary program for overcoming the self-doubt, nervousness, and lapses of concentration that can keep a player from winning. Now available in a revised paperback edition, this classic bestseller can change the way the game of tennis is played.

From the Trade Paperback edition.

A phenomenon when first published in 1972, the Inner Game was a real revelation. Instead of serving up technique, it concentrated on the fact that, as Gallwey wrote, "Every game is composed of two parts, an outer game and an inner game." The former is played against opponents, and is filled with lots of contradictory advice; the latter is played not against, but within the mind of the player, and its principal obstacles are self-doubt and anxiety. Gallwey's revolutionary thinking, built on a foundation of Zen thinking and humanistic psychology, was really a primer on how to get out of your own way to let your best game emerge. It was sports psychology before the two words were pressed against each other and codified into an accepted discipline.

The new edition of this remarkable work--Billie Jean King called the original her tennis bible--refines Gallwey's theories on concentration, gamesmanship, breaking bad habits, learning to trust yourself on the court, and awareness. "No matter what a person's complaint when he has a lesson with me, I have found the most beneficial first step," he stressed, "is to encourage him to see and feel what he is doing--that is, to increase his awareness of what actually is."

There are aspects of psychobabble and mysticism to be found here, sure, but Gallwey instructs as much by anecdote as anything else, and time has ultimately proved him a guru. What seemed radical in the early '70s is now accepted ammunition for the canon; the right mental approach is every bit as important as a good backhand. The Inner Game of Tennis still does much to keep that idea in play. --Jeff Silverman

The Inner Game of Tennis will help you: use the mind/body connection and learn to trust yourself on the court; find the state of "relaxed concentration" that allows you to play at your best; utilize the "inner game principles" to make the most of traditional instruction techniques; focus your mind to overcome nervousness and self-doubt; and build skills by smart practice, then put it all together in match play. Gallwey is one of the leading innovators in sports, and this new edition refines the techniques that he has perfected over his long career. His straightforward and concise style, clear examples, and illuminating anecdotes will help tennis players of all abilities - from beginner to expert. The Inner Game of Tennis will change the way you play the game.

Other Books

In Search of Heroes Story. After playing, researching, and teaching tennis for years, I realized the battle to win in sports, business and relationships takes place in your own mind. The book, "The Inner Game of Tennis" by W. Timothy Gallwey, helped me explain my unique perspective on the psychology of tennis and life to my students. I counseled them, "If you can make peace between your two warring brain hemisphere personalities, the 'Self One' and 'Self Two,' integrating your brain and body will make you almost unbeatable." I created a short story to stimulate their imaginations. "Indulge in this delicious fantasy! Imagine you are the ultimate genius and athlete. You are a tennis super star, earning gazillions of dollars annually. International fame is yours. "You travel the world, meeting with dignitaries, heads of state, movie stars, and great men and women. The most difficult

problems facing humanity are easily solved by your incredible mental powers. You inspire hope and proclaim the possibility for peace, happiness, and prosperity for future generations. You are a 'Biomaster,' leader and teacher of the 'Balanced Way.'"You are admired and respected internationally for shattering the previously accepted mental and physical barriers of human performance. How does it feel to possess superior coordination, unlimited endurance, incredible strength, and an integrated body and brain?"What is it like to be ambidextrous mentally and physically, using both the right and left sides of your body and brain hemispheres? How would you describe the reality of using 90% of your brain rather than the norm of 10%?"People are always asking, "How did you do it? Is it possible to do what you have done?" You are humble, loving, open-minded, altruistic, and desirous of helping others. You know anyone who learns the secrets of a balanced brain and body can attain even greater levels of physical performance and mental awareness. You are willing to share the secrets of your astounding success, how you became a 'Biomaster.'"The above story is a fantasy, but potentially real. Back in 1980, when I first created the "Tennis Challenge of Balance" program, Lionel Burt, the inventor of the Dual-Grip tennis racket gave me one to test. I learned of the incredible human physical and mental powers possible when both sides of the body and brain are developed equally. The dual-grip on the tennis racket made it easy to play two-handed off both sides and use forehands for shots out wide. Every heterolateral stroke (cross-crawl motion) integrated and strengthened both sides of my body and brain. I never used a homolateral one-handed backhand (same arm, leg, and brain hemisphere motion like a lizard) and thus was spared the psychological war waged inside most people's minds. (Behavioral Kinesiology by John Diamond, pages 41-42) Timothy Gallwey described it pretty well in his book, The Inner Game of Tennis. "The Self-One and the Self-Two worked together as a team rather than as enemies. I did not scream, yell, or throw temper tantrums on the court. Opponents fell like dominoes from the very beginning. I learned not to defeat myself and let others be their own worst critics!" I practiced with the Dual-Grip tennis racket every day. I did my mental aerobic drills often because it was so much fun. The results were so incredible. The rest is history! The Dual-Grip tennis racket is a revolution in technology and will have a great impact on most racket sports. A significant percentage of the top money winners in tennis use two-hands. As Pancho Segura says, "with so much money coming into the game now, eventually some super athlete will come along who is versatile enough to play with either hand or both hands, both sides...if only I could have had my two-handed forehand both sides." If you incorporate the learning techniques that are a result of brain research with balanced exercise anything is possible.

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