



Peak Performance in Tennis: The Ultimate Guide to Mental Fitness

Dr. Robert Pasahow

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PLAYERS:

Do you want to **play better** under pressure?

Do you want to **improve at a faster pace**?

Do you want to **be less nervous or angry** on the court?

Do you want to **benefit more from lessons**?

COACHES:

Do you want **your players to improve** more quickly?

Would you want **a new method to be more effective**?

Do you want **coaching to become more interesting**?

Mental fitness **enables you to perform at your peak not only in tennis, but in all sports**. This book teaches you step-by-step how to apply Peak Performance Optimization (PPO) so that negative thinking and emotions do not limit you. Learn to eliminate negative psychological forces that you never knew existed. You can see this demonstrated at PerformAtPeak.com. Great amounts of improvement occur exceedingly fast, especially when PPO is combined with tennis lessons. Instructors become more effective.

Tennis is often about winning crucial points during the match. It is great when you play well under pressure. **Players of any age can benefit whether playing singles or doubles**. PPO is incredibly effective breakthrough method that incorporates acupressure through tapping to conventional coaching methods. Since this is not acupuncture no needles are used. **By tapping on specific acupressure points regions of your brain are activated** to optimize performance.

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Earl Parker:

Playing with family in a very park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try matter that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Peak Performance in Tennis: The Ultimate Guide to Mental Fitness, you are able to enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its named reading friends.

Wanda Jacobsen:

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