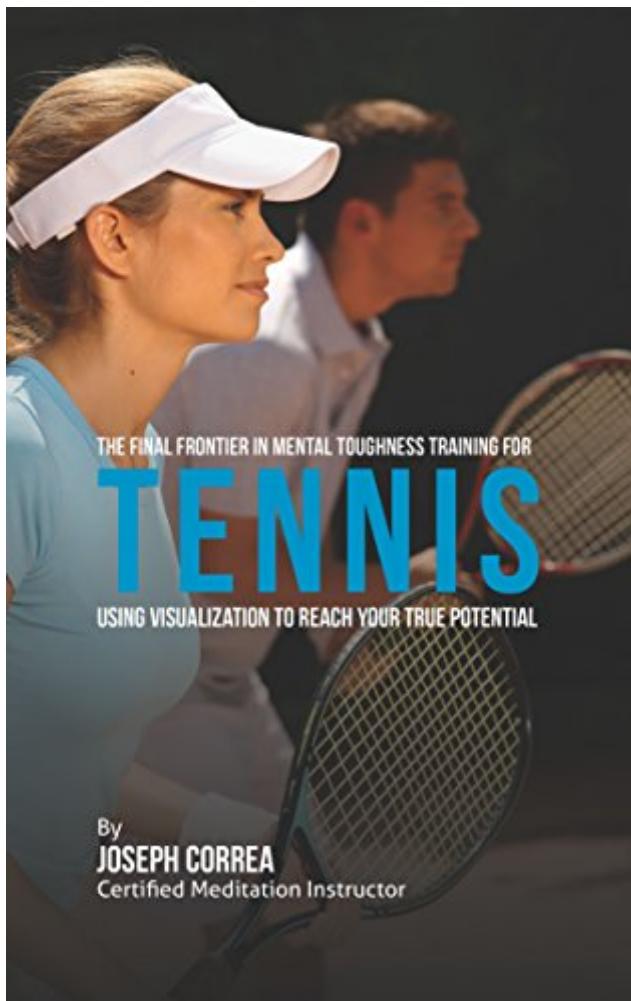


The book was found

The Final Frontier In Mental Toughness Training For Tennis: Using Visualization To Reach Your True Potential



Synopsis

The Final Frontier in Mental Toughness Training for Tennis will significantly change how hard you can push yourself mentally and emotionally through visualization techniques taught in this book. Want to be the best? To be the best you have to train physically and mentally to your maximum capacity. Visualizing is commonly thought of as an activity that cannot be quantified which makes it harder to see if you are improving or making a difference, but in reality visualizing will increase your chances of success much more than any other activity. You will learn three visualization techniques that are proven to improve your performance under any situation. These are:1.Motivational Visualization Techniques.2.Problem Solving Visualization Techniques3.Goal Oriented Visualization Techniques. These tennis visualization techniques will help you:-Win more often.-Become mentally tougher.-Outlast the competition.-Get to the next level.-Recover faster and train longer. How is this possible? Visualizing will help you to better control your emotions, stress, anxiety, and performance under pressure situations that are often the difference between success and failure. Bringing out the best in yourself in any sport and reaching your true potential can only happen through a balanced training regimen which should include: mental training, physical training, and proper nutrition. Why aren't more people using visualizations to enhance their performance in tennis? There are a number of reasons but the truth is most people have never tried it before and are afraid to try something new. Others don't think that improving their mental capacity will make a difference but they are wrong. Practicing visualization techniques for tennis on a regular basis will allow you to:-Increase your lung capacity by helping you relax muscle tension and decrease workload.-Recover faster after training or competing through breathing techniques that will reduce muscle stress.-Overcome pressure situations.-Train harder and longer without getting as tired.-Reduce your chances of getting cramps and muscle tears.-Improve control over your emotions under stressful conditions.-See results you never thought possible. Visualizing is hard work and requires constant practice which is why only the best do it and take all the glory. Be the best you can be by pushing yourself to your mental limit using visualizations.

Book Information

File Size: 770 KB

Print Length: 90 pages

Publisher: Finibi Inc; First Edition edition (May 5, 2015)

Publication Date: May 5, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00X83SN5A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #456,750 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #82

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #137 in Kindle Store > Kindle eBooks > Reference > Foreign Language Study & Reference > Language Instruction > German #229 in Books > Sports & Outdoors > Individual Sports > Tennis

[Download to continue reading...](#)

The Final Frontier in Mental Toughness Training for Tennis: Using Visualization to Reach Your True Potential How to Play Tennis: The Complete Guide to the Rules of Tennis, Tennis Scoring, Tennis Grips and Strokes, and Tennis Tips for Singles & Doubles Innovative Mental Toughness Training for Golf: Using Visualization to Control Fear, Anxiety, and Nerves NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) 101 Tennis Tips From A World Class Coach VOLUME 1: A Common Sense Approach to Tennis (101 Tennis Tips From A World Class Tennis Coach) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) The Ultimate Guide to Weight Training for Tennis (Ultimate Guide to Weight Training: Tennis) Brain Games for Dogs: Training, Tricks and Activities for your Dogâ€¢s Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The

Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) 1 Pitch Warrior Mental Toughness Training System (1-Pitch Warrior Series) 10-Minute Toughness: The Mental Training Program for Winning Before the Game Begins (NTC Sports/Fitness) The Inner Champion : A Mental Toughness Training Manual for Figure Skaters Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Visualization Analysis and Design (AK Peters Visualization Series) Archery Mental Mastery: Archery Mental Mastery is a program designed to help you harness your own inner potential to allow archers to develop a winning mind-set.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)