

## Winning Ugly Mental Warfare In Tennis Lessons From A Master

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Winning Ugly: Mental Warfare in Tennis--Lessons from a ...

He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names-all by playing his "ugly" game.Now, in Winning Ugly, Gilbert teaches recreational players how to win more often without necessarily even changing their strokes.

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Winning Ugly: Mental Warfare in Tennis--Lessons from a ...

Winning Ugly: Mental Warfare in Tennis--Lessons from a Master (Kindle Edition) Published May 28th 2013 by Touchstone Kindle Edition, 256 pages

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Editions of Winning Ugly: Mental Warfare in Tennis ...

Price: (as of - Details) The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents.A former Olympic...

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