



# The Mind of a Tennis Player: A Guide to the Mental Side of the Game

*MS Ed, Steve Brady*

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*The Mind of a Tennis Player* is the book every tennis player needs to effectively cope with the fears and anxieties associated with competition.

Pulling from over four decades of experience as a competitive tennis player and teaching professional, author Steve Brady discusses the mental game of tennis and how to overcome issues with confidence, tension, and fear.

Chapters include “What Tennis Is Really All About,” “When Faced with Adversity,” and “Implementing Five Simple Concentration Keys,” and explore practical tips and strategies to help you overcome the stress and pressures of the sport and advance your skills so you can relax during match play and perform at your best.

Brady also offers guidance on eliminating stroke deficiency, which often occurs from lessons to tournament play, as well as advice on match day preparations, selecting the right teaching professional, and developing a mentally tough doubles team.

In the vein of Dr. Allen Fox, this remarkable resource for players of all levels is an essential addition to any tennis enthusiast’s library.

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