

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

Whether you are a tennis novice, a beginner ready for competition, a club player with an eye on the tournament trophy, or a professional stuck in a rut, Vic Braden's *Mental Tennis* shows you that your mind can be the single best tool to reconstruct your game. In his new breakthrough book, Vic Braden demonstrates how to improve your physical performance dramatically and develop a winning mental attitude - both on the court and off. Vic Braden is America's favorite tennis coach, recognized and respected by professionals and amateurs alike. In addition to being a licensed psychologist, he has been a major force in tennis - as a player and a teacher - since the early 1960s. In *Mental Tennis*, he draws upon his unique background and years of personal research - tested on thousands of his students - along with the latest technical and statistical information, and shows you how to maximize the potential of your mind to achieve peak playing skills, while boosting your confidence and enjoyment of the game. With his characteristic humor and charm, and using entertaining and instructive examples of famous players and matches, Vic Braden identifies common problems that can undermine your performance on the court, and explores their causes. He provides important psychological insights, and expert advice on how to overcome mental obstacles - such as self-doubt; lack of focus; guilt about winning; the stress that stems from a fear of losing, being humiliated, or letting down your doubles partner - and challenges you to set realistic and healthy goals for improvement. In addition to methods for long-term progress and fundamental behavior modification, Vic Braden's *Mental Tennis* also provides quicktriggers for immediate results; effective strategies to reverse years of bad habits; and tips on how to psych out your opponent, how to perform well under pressure, and how to maintain concentration and tune out external distractions. See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. *Tennis Anatomy* will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. *Tennis Anatomy* includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. *Tennis Anatomy* goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You'll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you're a serve and volleyer, baseliner, or all-court player, *Tennis Anatomy* will ensure that you step onto the court ready to dominate any opponent.

Australians traditionally don't pay much attention to clay court tennis, although this attitude changed somewhat in 2019, when Queensland's Ash Barty won the French Open on the red clay of Roland Garros. The magic of clay had also eluded Paul McNamee until he played in Paris as an 18-year-old. He says, of that experience: "My life changed forever." *Welcome to the Dance* is his ode to clay court tennis, what he describes as his "soul food". It describes his journey as he sought to unravel the complexities of clay - from that first experience, a lesson learnt at the hands of 41-year-old Bolivian Pancho Gorostiaga, to the day he triumphed over John McEnroe on the centre court of Roland Garros at the 1980 French Open. *Welcome to the Dance* is not just McNamee's journey to understanding the nuances of clay, but it shows how to appreciate this holistic surface, to love its personality. Understanding clay is the gateway to improving your tennis, no matter what level you may be, or on what court you play.

This book is not about how to hit the tennis ball. It's about where to hit the ball, when, and why. It focuses on playing tennis strategically, which is the quickest and best way to raise your game to the next level. For recreational players, developing a strategic approach to the game is the single, most transformative step you can take. In this book, you will learn how to take advantage of the strengths in your game, how to minimize your weaknesses, and how to attack your opponent's game. Most tennis players start by focusing on the mechanics of their strokes. That makes sense. If you can't hit the ball over the net and inside the lines, the rest doesn't really matter. Later, when you're hitting the ball well, it's fun to keep working on your shots. All tennis players love to hit the ball. Unfortunately, stroke improvement has a diminishing return. Early on you improve rapidly, but then the pace levels off. It can be frustrating to work, week after week, month after month, and not see any progress. Developing your strategic understanding of the game completely changes that dynamic. It's difficult to exaggerate how much focusing on strategy can improve every aspect of your game. At first glance, tennis is a marvelously simple game. All you have to do is hit the ball over the net and inside the lines one time more than your opponent does and you win the point. Do that often enough and you win the match. In truth, however, tennis is endlessly complex. That's why it becomes a lifetime passion for so many of us. It's a demanding amalgamation of muscle memory, hand-eye coordination, geometric understanding, stamina, and split-second decision making. Adding another layer of complexity, most of us model our games on professional tennis players. We see them win points by smacking the ball off the ball, going for the lines, serving aces, and hitting topspin lobs from outside the doubles alley. We want to play like that. The catch is we don't have unbelievable hand-eye coordination and don't practice eight hours a day. Is it any wonder, then, that about 80 percent of points in a recreational match end with an unforced error? That's right. Eight out of 10 points - and often more - end because you or your opponent hit the ball into the net or outside the lines. When we come out of top in a match, we like to think that we won. It's probably more accurate to say that we didn't lose. At the core of strategic success at the recreational level is reducing unforced errors. Cutting them by just one or two per set can lead to an exponential leap in matches won. This book is filled with strategies and tactics that you can adopt and adapt to improve your game. You don't need to apply all of them; use only the concepts that work for you. If altering the strategies better suits your game, go for it. Playing strategically will make your game more consistent. You'll become a better competitor, and you'll have more fun.

Serena Williams coach's hugely motivational and inspirational story. As a child he was full of suffering. In his own words "puny and very timid, paralysed by the shame of not being able to do better." Now, a world leading coach who transformed Serena Williams into the world's number one. His story is a great example of triumph over adversity.

Increase shot power and on-court speed and agility with the most comprehensive tennis conditioning resource available. Combining 204 drills and exercises with online access to 56 video demonstrations, the only strength and conditioning resource endorsed by the USTA will help you outlast the competition.

Detailed mental and physical exercises designed to help a player increase body awareness and improve concentration and rhythm demonstrate strategies for putting into practice the inner-game concept of tennis play

\* Finalist for the National Book Award in Poetry \* \* Winner of the National Book Critics Circle Award in Poetry \* Finalist for the National Book Critics Circle Award in Criticism \* Winner of the NAACP Image Award \* Winner of the L.A. Times Book Prize \* Winner of the PEN Open Book Award \* ONE OF THE BEST BOOKS OF THE YEAR: *The New Yorker*, *Boston Globe*, *The Atlantic*, *BuzzFeed*, *NPR*, *Los Angeles Times*, *Publishers Weekly*, *Slate*, *Time Out New York*, *Vulture*, *Refinery 29*, and many more . . . A provocative meditation on race, Claudia Rankine's long-awaited follow up to her groundbreaking book *Don't Let Me Be Lonely: An American Lyric*. Claudia Rankine's bold new book recounts mounting racial aggressions in ongoing encounters in twenty-first-century daily life and in the media. Some of these encounters are slights, seeming slips of the tongue, and some are intentional offensives in the classroom, at the supermarket, at home, on the tennis court with Serena Williams and the soccer field with Zinedine Zidane, online, on TV-everywhere, all the time. The accumulative stresses come to bear on a person's ability to speak, perform, and stay alive. Our addressability is tied to the state of our belonging, Rankine argues, as are our assumptions and expectations of citizenship. In essay, image, and poetry, *Citizen* is a powerful testament to the individual and collective effects of racism in our contemporary, often named "post-race" society.

All the passion, drama, and beauty of tennis is captured in this most up-to-date comprehensive history--from its early beginnings as a sport, the greatest matches ever played, to its global star players and personalities of present day. This volume is a must-read for tennis aficionados. Tennis, the much-loved sport, is a game for the ages dating back to sixteenth-century royal court matches played by King Henry VIII. History of Tennis captures the sport's long history, never short of theatrics, rivalries, power plays, political controversies, and inspiring personal stories. Beautiful historic and contemporary images of gripping matches like the unforgettable Bjorn Borg versus John McEnroe tiebreak match in 1980, to behind-the-scenes moments with tennis legends, and never-before-seen shots, grace each page accompanied by Richard Evans's intriguing stories and unique insight detailing the evolution of this majestic sport by decade. Starting as a European royal pastime and gaining popularity in England and France, the sport made its way to America in the late 1870s as the new game of lawn tennis, creating along the centuries legendary tennis superstars such as Bill Tilden, Suzanne Lenglen and the Four Musketeers, Fred Perry, Billie Jean King, John McEnroe, and Steffi Graf. Now one of the most highly watched sports globally with top-billing icons like Novak Djokovic, Serena Williams, Rafael Nadal, and Naomi Osaka, there is no stopping the power of this allenthralling game. This is a must-have volume for lifelong fans and those intrigued by the sporting theater and grand culture of tennis.

**NEW YORK TIMES BEST SELLER** • An inspiring and intimate self-portrait of the champion of equality that encompasses her brilliant tennis career, unwavering activism, and an ongoing commitment to fairness and social justice. "A story about the personal strength, immense growth, and undeniable greatness of one woman who fearlessly stood up to a culture trying to break her down."—Serena Williams In this spirited account, Billie Jean King details her life's journey to find her true self. She recounts her groundbreaking tennis career—six years as the top-ranked woman in the world, twenty Wimbledon championships, thirty-nine grand-slam titles, and her watershed defeat of Bobby Riggs in the famous "Battle of the Sexes." She poignantly recalls the cultural backdrop of those years and the profound impact on her worldview from the women's movement, the assassinations and anti-war protests of the 1960s, the civil rights movement, and, eventually, the LGBTQ+ rights movement. She describes the myriad challenges she's hurdled—entrenched sexism, an eating disorder, near financial peril after being outed—on her path to publicly and unequivocally acknowledging her sexual identity at the age of fifty-one. She talks about how her life today remains one of indefatigable service. She offers insights and advice on leadership, business, activism, sports, politics, marriage equality, parenting, sexuality, and love. And she shows how living honestly and openly has had a transformative effect on her relationships and happiness. Hers is the story of a pathbreaking feminist, a world-class athlete, and an indomitable spirit whose impact has transcended even her spectacular achievements in sports.

Tennis is a sport for a lifetime. It really is a game that you can enjoy long-term, both as a player and a spectator. Played all over the world on surfaces ranging from concrete to clay the game of tennis is exciting to watch and even more fun to play. Whether you're an adult looking for a new challenge or a parent starting your kids off, Tennis For Dummies provides a terrific introduction to the sport. It doesn't matter if you're young or old, if you who want to start playing the game of tennis, but don't have the motivation or information to do so, this book can show you the way. If you're already into the game, you'll find out how to take your skills to the next level. This easy-to-understand guide will introduce you to the basics of the game and show you what it takes to improve each time you step on the court. Tennis For Dummies also covers the following topics and much more: Equipping yourself with the right apparel, racket, and accessories Polishing your strokes—from your serve to lobs Finding out how the game is scored Shaping up with physical conditioning Dealing with common tennis injuries such as shin splints and tennis elbow Sharpening your mental game Exploring the finer points of tennis etiquette, both on the court and in the stands Discovering how to find the best tennis instructor for you Whether you're interested in playing singles or doubles, on hard court or clay, Tennis For Dummies will inspire you get out on a court and play. Featuring detailed photos, illustrations, and court diagrams this book can help you discover how the game of tennis is played and show you how to get the most out of yourself each and every time you pick up a racquet.

The tennis star recounts her life and athletic career, from childhood, through her athletic successes, to her life after professional tennis, and discusses the life lessons that she learned at every stage along the way.

The Outsider is a no-holds-barred memoir by the original bad boy of tennis, Jimmy Connors. Connors ignited the tennis boom in the 1970s with his aggressive style of play, turning his matches with John McEnroe, Bjorn Borg, and Ivan Lendl into prizefights. But it was his prolonged dedication to his craft that won him the public's adoration. He capped off one of the most remarkable runs in tennis history at the age of 39 when he reached the semifinals of the 1991 U.S. Open, competing against players half his age. More than just the story of a tennis champion, The Outsider is the uncensored account of Connors' life, from his complicated relationship with his formidable mother and his storybook romance with tennis legend Chris Evert, to his battles with gambling and fidelity that threatened to derail his career and his long-lasting marriage to Playboy playmate Patti McGuire. When he retired from tennis twenty years ago, Connors all but disappeared from public view. In The Outsider, he is back at the top of his game, and as feisty, outspoken, and defiant as ever. This autobiography includes original color photographs from the author.

Tennis is more mentally difficult than most other sports. Because of its one-on-one nature, it feels more important than it is. Competitive matches can become highly stressful, and losing is painful. Emotions tend to get out of hand, with fears and nerves becoming difficult to control. Confidence comes and goes; the scoring system is diabolical; and everyone is at risk of choking, even the greatest players in the world. This book attacks these and other issues faced by players of all levels. Dr. Allen Fox's solutions are logical and straightforward, and most importantly, they have been tested on court and they work.

Recounts the author's life in the sport of tennis, from his humble early life, through his successful playing days, to his

coaching career that included ten number one singles players.

A Davis Cup winner and Pepperdine coach has written the first book on the strategy and mental dimension of the game since the bestselling *The Inner Game of Tennis*.

From Maria Sharapova, one of our fiercest female athletes, the captivating—and candid—story of her rise from nowhere to tennis stardom, and the unending fight to stay on top. In 2004, in a stunning upset against the two-time defending champion Serena Williams, seventeen-year-old Maria Sharapova won Wimbledon, becoming an overnight sensation. Out of virtual anonymity, she launched herself onto the international stage. “Maria Mania” was born. Sharapova became a name and face recognizable worldwide. Her success would last: she went on to hold the number-one WTA ranking multiple times, to win four more Grand Slam tournaments, and to become one of the highest-grossing female athletes in the world. And then—at perhaps the peak of her career—Sharapova came up against the toughest challenge yet: during the 2016 Australian Open, she was charged by the ITF with taking the banned substance meldonium, only recently added to the ITF’s list. The resulting suspension would keep her off the professional courts for fifteen months—a frighteningly long time for any athlete. The media suggested it might be fateful. But Sharapova’s career has always been driven by her determination and by her dedication to hard work. Her story doesn’t begin with the 2004 Wimbledon championship, but years before, in a small Russian town, where as a five-year-old she played on drab neighborhood courts with precocious concentration. It begins when her father, convinced his daughter could be a star, risked everything to get them to Florida, that sacred land of tennis academies. It begins when the two arrived with only seven hundred dollars and knowing only a few words of English. From that, Sharapova scraped together one of the most influential sports careers in history. Here, for the first time, is the whole story, and in her own words. Sharapova’s is an unforgettable saga of dedication and fortune. She brings us inside her pivotal matches and illuminates the relationships that have shaped her—with coaches, best friends, boyfriends, and Yuri, her coach, manager, father, and most dedicated fan, describing with honesty and affection their oft-scrutinized relationship. She writes frankly about the suspension. As Sharapova returns to the professional circuit, one thing is clear: the ambition to win that drove her from the public courts of Russia to the manicured lawns of Wimbledon has not diminished. Sharapova’s *Unstoppable* is a powerful memoir, resonant in its depiction of the will to win—whatever the odds.

This groundbreaking book tells you how to overcome the inner obstacles that sabotage your efforts to be your best on the job. Timothy Gallwey burst upon the scene twenty years ago with his revolutionary approach to excellence in sports. His bestselling books *The Inner Game of Tennis* and *The Inner Game of Golf*, with over one million copies in print, changed the way we think about learning and coaching. But the Inner Game that Gallwey discovered on the tennis court is about more than learning a better backhand; it is about learning how to learn, a critical skill that, in this case, separates the productive, satisfied employee from the rest of the pack. For the past twenty years Gallwey has taken his Inner Game expertise to many of America’s top companies, including AT&T, Coca-Cola, Apple, and IBM, to teach their managers and employees how to gain better access to their own internal resources. What inner obstacles is Gallwey talking about? Fear of failure, resistance to change, procrastination, stagnation, doubt, and boredom, to name a few. Gallwey shows you how to tap into your natural potential for learning, performance, and enjoyment so that any job, no matter how long you’ve been doing it or how little you think there is to learn about it, can become an opportunity to sharpen skills, increase pleasure, and heighten awareness. And if your work environment has been turned on its ear by Internet technology, reorganization, and rapidly accelerating change, this book offers a way to steer a confident course while navigating your way toward personal and professional goals. *The Inner Game of Work* teaches you the difference between a rote performance and a rewarding one. It teaches you how to stop working in the conformity mode and start working in the mobility mode. It shows how having a great coach can make as much difference in the boardroom as on the basketball court-- and Gallwey teaches you how to find that coach and, equally important, how to become one. *The Inner Game of Work* challenges you to reexamine your fundamental motivations for going to work in the morning and your definitions of work once you’re there. It will ask you to reassess the way you make changes and teach you to look at work in a radically new way. “Ever since *The Inner Game of Tennis*, I’ve been fascinated and have personally benefitted by the incredibly empowering insights flowing out of Gallwey’s self-one/self-two analysis. This latest book applies this liberating analogy to work inspiring all of us to relax and trust our true self.” --Stephen R. Covey, author of *7 Habits of Highly Effective People*

Take Your Doubles Game to the Next Level! Whether you’re trying to improve your doubles game or are just getting started playing tennis with a partner, *The Art of Doubles* is the book for you. Author Pat Blaskower is your personal coach, guiding and encouraging you and your partner to play winning tennis by showing you how to: • choose a compatible partner • determine your jobs on the court • learn poaching skills • communicate with each other and opposing teams • maintain mental toughness • use various formations and strategies • pick your shots intelligently • decide where to play: tournaments or leagues • and much, much more! The book also includes detailed court diagrams that show you how to execute offense, defense, and tactical plays; checklists that summarize the most important points of each chapter; and on-court drills to help you improve and refine your skills. *The Art of Doubles* is loaded with practical, proven tennis strategies that you can put to work immediately to see improvements in your own doubles game!

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you’re a beginner or a pro, Gallwey’s engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to *The Inner Game of Tennis* as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey’s teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

Rod Laver’s memoir is the inspiring story of how a diminutive, left-handed, red-headed country boy from Rockhampton, Australia became one of sports’ greatest champions. Rod was a dominant force in world tennis for almost two decades, playing and defeating some of the greatest players of the twentieth century. In 1962, Rod became the second man to win the Grand Slam - that is, winning the Australian, French, Wimbledon and US titles in a single calendar year. In 1969, he won it again, becoming the

only player ever to win the Grand Slam twice. Laver's book is a wonderfully nostalgic journey into Laver's path to stardom, from the early days of growing up in a Queensland country town in the 1950s, to breaking into the amateur circuit, to the extraordinary highs of Grand Slam victories. Away from on-court triumphs, Rod also movingly writes about the life-changing stroke he suffered in 1998, and of his beloved wife of more than 40 years, Mary, who died in 2012 after a long illness. Filled with anecdotes about the great players and great matches, set against the backdrop of a tennis world changing from rigid amateurism to the professional game we recognize today, Rod's book is a warm, insightful and fascinating account of one of tennis's all-time greats.

John Williams shares his unique perspective on tennis improvement, the dietary and training regimens of the current professional stars plus insights into the future of tennis. John combines a lifetime of playing and teaching tennis to produce a book that can be used as a reference to aid the tennis-playing public in finding a pathway for improving and enjoying this great game. The book begins by listing the USTA (United States Tennis Association) National Tennis Rating Program (NTRP) guidelines. This handy guide presents the characteristics, limitations and strengths of all tennis players. It is an easy to understand numerical classification of every talent level from 1 to 7 and will help the tennis-playing public determine their own skill level and the proper chapter to read in order to begin real tennis improvement. In addition, future rule changes, coaching changes and timely advice on the most underrated, underappreciated and underused shot in tennis (the lowly drop shot). The drop shot is destined to be the offensive shot of the future and will give smaller, quicker players an additional weapon to counter the power in the modern game. The number of drop shots hit in the 2020 French Open set records in both the Men's and Women's single draws. It is inevitable in the women's game to expect more "droppers" in the future. About the author: John has a bachelor's degree in math and physics from the University of Charleston, a master's degree in astrophysics from Florida State University, and has completed three years of doctoral study in nuclear physics at Auburn University. John served as president and regional vice president for the Missouri Valley Professional Tennis Association (MVPTA) from 1983-1991, vice president of the Florida Professional Tennis Association (FPTA) from 1978-1981, and regional vice president for the Mid-Atlantic Professional Tennis Association (MAPTA) from 1973-1975. Taking an occasional time out during a 35 year tennis-teaching career, John was able to play pro level tournaments in the days of "sham amateurism" (before open tennis) and continued to play and win pro level tournaments (after 1968) until he was 40 years old. He was a 3-time West Virginia Champion, a two-time Ohio Valley Champion, a two-time Maryland State Champion and a two-time Western Maryland Champion. John won the West Virginia Open Doubles Championship 5 times and in 1973 won the Eastern Pro Singles Championship in Woodbury, NY along with a \$1000 purse, (It seemed like a lot of money at the time). John was inducted into the University of Charleston Hall of Fame in 2001 and the Missouri Valley Professional Tennis Association (MVPTA) Hall of Fame in 1999. He was named the Pinellas County Florida Coach of the Year in 1977 and 1981, and his family was named the Oklahoma Tennis Family of the Year in 1996 and 1999. He has coached and developed players of all ages and abilities. They include state, sectional and national champions in multiple locales from Florida to Oklahoma. Even though he is appreciative of his industry accolades, John says, "My wife and children are my pride and joy."

Get the advantage--mental strategies for acing tennis. Get your head in the game. Master Your Tennis Game serves up quick mental techniques, tactics, and tips for boosting your overall performance and beating your opponents. Train your brain and be the best tennis player you can be. Concise, fun, and easy to read, this book offers 50 practical and actionable methods that show you how to stay calm and concentrate during any tennis game. Even if your rival is tough competition, outsmart them with these targeted mental approaches. Master Your Tennis Game includes: Streamlined strategies--From choosing your mood music to analyzing your opponent's play style, apply these easy-to-understand tactics to your tennis game right away. Overpower any opponent--Find techniques for beating common play styles, including aggressive baseliner, left-hander, and more. Popular player profiles--From Serena Williams to Roger Federer, learn all about your favorite tennis pros (and their strategies, too!). The ball is in your court. Focus your mind and win the match with these highly effective mental strategies for honing your tennis skills.

An instant classic of American sportswriting—the tennis essays of David Foster Wallace, “the best mind of his generation” (A. O. Scott) and “the best tennis-writer of all time” (New York Times) Gathered for the first time in a deluxe collector's edition, here are David Foster Wallace's legendary writings on tennis, five tour-de-force pieces written with a competitor's insight and a fan's obsessive enthusiasm. Wallace brings his dazzling literary magic to the game he loved as he celebrates the other-worldly genius of Roger Federer; offers a wickedly witty dissection of Tracy Austin's memoir; considers the artistry of Michael Joyce, a supremely disciplined athlete on the threshold of fame; resists the crush of commerce at the U.S. Open; and recalls his own career as a "near-great" junior player. Whiting Award-winning writer John Jeremiah Sullivan provides an introduction.

This (quick-fix) book gives you the tactics and mental philosophy to beat any style player, singles or doubles. The tips are pointed, cut right to the chase, are in layman's terms and summarized into powerful bullet point sections for (instant access). The book is the culmination of 38 years coaching, 50,000 hours on-court experience, years of seeking uncommon knowledge, and decades of creating the most (efficient and effective) methods to help students find their best fast! The book has 3 main sections: 1. Understanding different styles of players. 2. How to beat any style player, singles or doubles. 3. Mental toughness philosophy and mindsets. The strategy section provides potent tactics on how to beat any style player including, Singles: how to beat a big server, a great returner, aggressive baseliner, pusher, counter-puncher, hacker-slicer, and all-court player. Doubles: how to beat big serving teams, great returning teams, teams that control the net, one up one back teams, poaching teams, lobbing teams, and teams with one hot player. The mental toughness section uniquely redefines attitudes regarding winning and losing, competition, pressure, mistakes, fear, choking, and adversity to teach you how to play up to and (stretch) the upper limits of your ability. Overall, this book is tailored to save you time, improve practice sessions, free your mind and emotions from blocking the flow of your body, and give you the instantaneous tactical wisdom to consistently win!

The decision to fight 'humanitarian wars' - such as Kosovo - and the development of technology to make war more humane, illustrates the trend in the West to try to humanise war, and thereby humanise modernity. This highly controversial and cutting-edge book asks whether the attempt to make war 'virtual' or 'virtuous' can succeed and whether the west is deluding itself (not its enemies) in thinking that war can ever be made more humane. Christopher Coker's radical conclusion is that Western humanitarian warfare is in fact an endgame as other non-Western societies will make sure it does not succeed. Eminently readable, this book combines theory with accounts by politicians and serving military personnel, alongside illuminating literary insights. It will be vital reading for all those interested in international relations and strategic studies and defence issues, including journalists, students and politicians.

Advice from a pro on how to improve your tennis game lists the six reasons never to serve first, discusses psychological aspects of the game, and reveals how McEnroe and Connors could "steal" a match. National ad/promo.

The best writing on tennis from the best tennis writers in the business. Racquet was founded in 2016 to be the voice of a new tennis boom. When the popularity of tennis peaked in the late '70s and early '80s, the sport was populated by buccaneering talents with outsize personas,

