



The Inner Game of Tennis

*The Classic Guide to the
Mental Side of Peak Performance*

W. Timothy Gallwey

Foreword by Pete Carroll

Inner Game Tennis

W. Timothy Gallwey



Inner Game Tennis:

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summary of The Inner Game of Tennis The Ultimate Guide to the Mental Side of Peak Performance presented here include a short review of the book at the start followed by quick overview of main points and a list of important take aways at the end of the summary The Summary of The conflict that exists between your conscious and unconscious minds is discussed in The Inner Game of Tennis which uses the sport of tennis as a metaphor to illustrate how the tension that exists between these two aspects of your mind relates to performance These ideas provide actionable advice on how to make the most of your natural abilities and excel in a variety of settings not just on the court The Inner Game of Tennis summary includes the key points and important takeaways from the book The Inner Game of Tennis by W Timothy Gallwey Disclaimer 1 This summary is meant to preview and not to substitute the original book 2 We recommend for in depth study purchase the excellent original book 3 In this summary key points are rewritten and recreated and no part text is directly taken or copied from original book 4 If original author publisher wants us to remove this summary please contact us at support mocktime com

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