



Smart Tennis

**How to Play
and Win the
Mental Game**



"The game with yourself is often tougher than the battle against any opponent. *Smart Tennis* shows you how to win the inner match while having fun along the way."

—**Lindsay Davenport**
world's #1 ranked
player for 1998, 2001,
and 2004

John F. Murray, Ph.D.

Smart Tennis How To Play And Win The Mental Game

Peter Bernstein, Christopher Ma



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