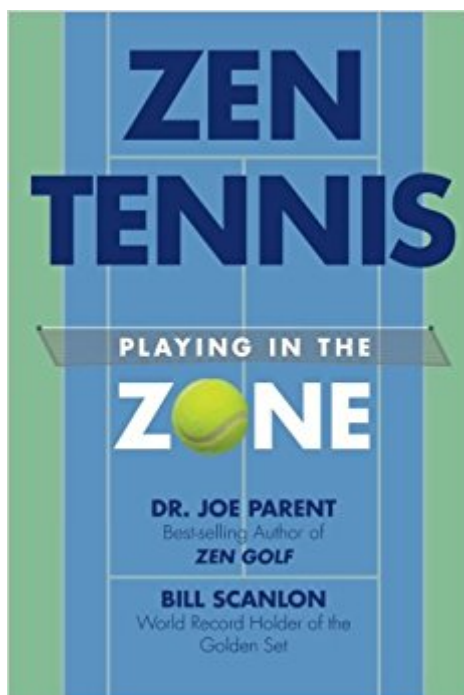


The book was found

Zen Tennis: Playing In The Zone



Synopsis

From Dr. Joe Parent, the best-selling author of ZEN GOLF: Mastering the Mental Game and Bill Scanlon, tennis champion and world record holder of the Golden Set, comes the most innovative and powerful book since The Inner Game of Tennis. Combining deep Eastern wisdom and practical tennis expertise, ZEN TENNIS will help you get out of your own way and into the Zone.

Book Information

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Customer Reviews

"Packed with penetrating insights and sharp observations, Zen Tennis: Playing In the Zone offers readers a wealth of good material. Lively and informative, it is of considerable value to players from the elementary level all the way up to the sport's pinnacle. The authors are a first rate 'doubles' team, looking out over the field of tennis competition freshly, giving us all a good deal to think about." -Steve Flink, Tennis Channel

Co-Authors Dr. Joe Parent and Bill Scanlon
Dr. Joe Parent is a highly regarded coach of Performance Psychology--in sports, business, and the performing arts as a consultant and executive coach. He has studied, practiced and taught mindful awareness and principles of psychology and communication since the 1970's. Dr. Parent is the best-selling author of ZEN GOLF: Mastering the Mental Game, and several other books, with over a half-million copies in print, digital, and audio formats worldwide. Dr. Parent has spoken at numerous conferences, management retreats and training programs for businesses and associations, and is the teacher for thousands of executives and athletes at all levels. He offers corporate seminars, executive coaching, and mental game lessons in sports at the Ojai Valley Inn and Spa resort in Ojai,

California, and is available for mental game coaching in business and sports by voice or video calls anywhere in the world. For more information, on-line instruction, and long-distance lessons, go to ZenTennis.net or ZenGolf.com. Bill Scanlon reached a career-high ATP world ranking of #9 and won seven singles titles during a 13 year professional career. He is known for having recorded the only Golden Set (winning a set 6-0 without the loss of a single point) in the history of mens professional tennis. The feat is recorded in the Guinness Book of World Records. He is also known for upsetting top-seeded John McEnroe on his way to the semi-finals of the US Open. Scanlon also reached the quarter-finals of Wimbledon and the Australian Open. Scanlon owns an investment advisory firm in Los Angeles, where he lives with his wife, Stephanie. He is the author of "Bad News for McEnroe" and also has formed the Advantage USA Tennis Foundation, which mentors several professional tennis players.

I really enjoyed this book. It is somewhat similar to a samurai mindset. The more relaxed you can get your mind, and get it to stay out of your body mind's way, the better player you will be. I see so many rec players just screaming and yelling at themselves. Worse i see them screaming i suck i cannot hit a backhand volley. your body "hears" that and gladly accepts it...I have really improved my game on this one tact of separating my minds conciousness from my body's awareness. Now i find myself asking gently how am i feeling? tired, excited nervous and tell myself "relax, let the body do this. you go this. the more i let go. the more im surprised at my results."I read this after winnging ugly and inner tennis. inner tennis was very heavy and still important but this is very light. finding the zone is better.

If you remember 'The Inner Game of Tennis', this book is the evolution of that groundbreaking work, as Parent and Scanlon meld their combined and vast knowledge of psychology, physiology and the game of tennis to create a break-though, yet perfectly understandable methodology to nit only improve your game but also improve your mental strength. I loved this book and have brought it with me every time I get on the court!

Great book! I was in a losing funk, one of my coaches recommended the book, read it and having much more success!

Love this book! I don't even play tennis but the concept of this book caught my attention. I am a professional saxophone player and a lot of times I have to play gigs where there is a lot of pressure.

Reading "Zen Tennis" gave me the tools to get "in the Zone" and play my "Golden Saxophone"

This book has great advice from the practical and theoretical points of view; I recommend it for serious tennis players

nice

This book is a must for anyone who plays tennis. Everyone knows if you don't have the mental part of your game - you are not going to be as competitive. Pick it up!

Reading this book truly changed my game...or should I say my attitude towards my game!

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