



Tennis - It's a Mental Game

Paul Bundock Steel

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Fundamentally, this book looks at three areas that can help us to improve our game. Two of these areas we have control of, one less so. First, I talk about how winning can often be all-important, how the need to win can place us under self-induced pressure and how this pressure stops us from playing our best tennis. Second, I discuss what happens when we slip into what is known in tennis terms as 'the zone'. This is when our play becomes effortless and it all seems so easy. I also look for an answer to a question that has perplexed and fascinated me for many years, and one of the primary reasons why I wrote the book. The question is, "why does luck always smile on the player who is winning or playing well, especially if they are in the zone?". The answer that I give leads the book to delve deeper than probably any other tennis book...ever! Finally, the book deals with pressure, how we can recognize this pressure, and how we can train our minds to interpret pressure differently. These three areas make up the crux of the book.

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