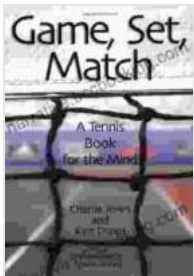


# Game, Set, Match: Tennis for the Mind

Are you ready to take your mental game to the next level? In *Game, Set, Match: Tennis for the Mind*, Dr. Jim Loehr and Tony Schwartz show you how to use the principles of tennis to improve your focus, resilience, and mental toughness.



## Game, Set, Match: A Tennis Book for the Mind

by Charlie Jones

★★★★☆ 4 out of 5

Language : English

File size : 1761 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 208 pages



Loehr and Schwartz are world-renowned experts in the field of mental training. They have worked with some of the most successful athletes, business leaders, and performers in the world. In *Game, Set, Match*, they share their insights and techniques for developing a winning mindset.

This book is not just for tennis players. It is for anyone who wants to improve their mental game. Whether you are a student, a businessperson, or a parent, the principles in this book can help you achieve your goals.

Here are some of the things you will learn in *Game, Set, Match*:

- How to develop the mental toughness of a champion
- How to focus under pressure
- How to bounce back from setbacks
- How to stay motivated
- How to achieve your goals

If you are ready to take your mental game to the next level, then *Game, Set, Match* is the book for you.

## **Endorsements**

"*Game, Set, Match* is a must-read for anyone who wants to improve their mental game. Loehr and Schwartz provide practical, actionable advice that can help you achieve your goals." - **Bill Gates**

"*Game, Set, Match* is the definitive guide to mental toughness. If you want to succeed in any area of your life, you need to read this book." - **Oprah Winfrey**

"*Game, Set, Match* is a game-changer. It will help you develop the mental edge you need to win in life." - **Tony Robbins**

## **About the Authors**

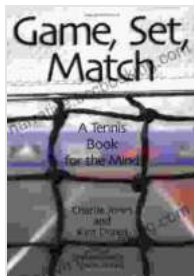
**Dr. Jim Loehr** is a world-renowned expert in the field of mental training. He has worked with some of the most successful athletes, business leaders, and performers in the world. He is the founder and CEO of the Human Performance Institute.

**Tony Schwartz** is a New York Times bestselling author and a leading expert on performance and productivity. He is the founder and CEO of The Energy Project.

## Free Download Your Copy Today

*Game, Set, Match: Tennis for the Mind* is available now at all major bookstores. Free Download your copy today and start improving your mental game.

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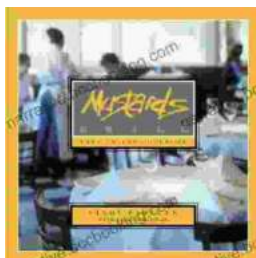
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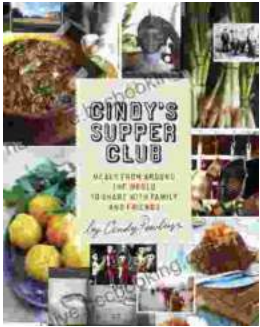
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