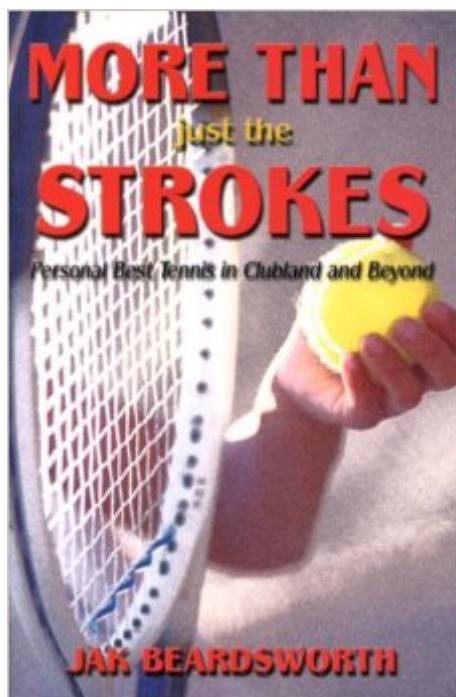


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# More Than Just The Strokes: Personal Best Tennis In Clubland And Beyond



## Synopsis

Tennis is undoubtedly one of the most difficult games to play well. Players participating on a regular basis occasionally have a very good outing, but more often find themselves handicapped by a self-destructive mental game. Playing aggressively, but within oneself, is a daunting task. Few players understand how emotional and mental control have everything to do with managing one's physical, technical and tactical skills in an effective manner. But that hidden secret is about to become public, as career tennis pro Jak Beardsworth has created a new guide to introduce all players to their personal best. "More Than Just the Strokes: Personal Best Tennis in Clubland and Beyond" is not just another book about technical tennis tips and tricks. Rather, it is a strategic guide to conquering any tennis player's greatest nemesis: himself. Presented in sections that cover the physical, technical, tactical, mental and emotional make-up of the sport, "More Than Just the Strokes" is already garnering praise from those who know the sport best. Learn to trust your game. Don't panic. Be intense and relaxed at the same time. Be at one with the game; don't fight it. All of these are lessons that play an integral part of a winning tennis game, and Jak Beardsworth provides the tools to guide every player to their personal best. Whether a beginner or a professional, there is always room for improvement and as such, "More Than Just the Strokes" is required reading for any tennis library.

## Book Information

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## Customer Reviews

I've been playing tennis my whole life and have read over 30 tennis books. I can say with absolute confidence that this book is the most user-friendly, concise, readable tennis guide I have ever read.

Beardsworth makes the painfully abstract elements of stroke mechanics easy to visualize. [I should add that I own nearly every technique manual on the market and have never been inspired to write a review]. The author does not stop at stroke production, he has a remarkable ability to unpack the mental elements of the game and he provides entertaining information about the current tennis culture (at the club and pro level). What makes this book truly unique, however, is the author's voice. He has a charismatic, snappy prose that makes for effortless reading. One can tell that this guy has been in the tennis business forever (he has seen it all). His anecdotes and insights are priceless; his understanding of the game -- the whole game -- is remarkable. Buy this book.

We all pretty much know what we want to accomplish on the court. More Than Just The Stokes however, teaches you how really "seeing it" leads to "doing it". Whether you're battling a small technical glitch, self induced demons on your court, or an ineffective strategy, Jak's professional experience and insight teaches you how to strike the perfect merger between a technical mind set and mindful technique. The result: winning play instead of playing to win. The content is easy to understand and a welcome alternative to the traditional just hitting yet another thousand balls to maybe get the same result. Your time on the court will never feel more satisfying. A delightful, inspiring "must read" for all levels of players.

More Than Just The Stokes Is absolutely the best tennis instructional book I have ever read. It is not a fancy book in terms of glossy and impressive pictures but the "meat and potatoes" of tennis instruction is there in SPADES! I particularly enjoyed and my game has benefited from the areas of the book covering volleys, singles strategy and watching the ball. This book is an absolute must read for anyone trying to improve their game. I believe that tennis instructors would benefit from buying this book in bulk for their students. Give it a try. You won't be disappointed! Barrie Cox 4.0

Toronto, Canada

For any player who wants to improve or enjoy the game more, Jak's book is a must. It offers many practical tips for singles and doubles. The sections on developing topspin, effective breathing during a match, club competition doubles strategies and practice routines are alone worth the price. I have played for more than 30 yrs, have had many lessons and gone to tennis camps from Vermont to Florida. Jak's book has given me more stuff to work on, and to look forward to using in a match, than a lot of these other instructions.

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