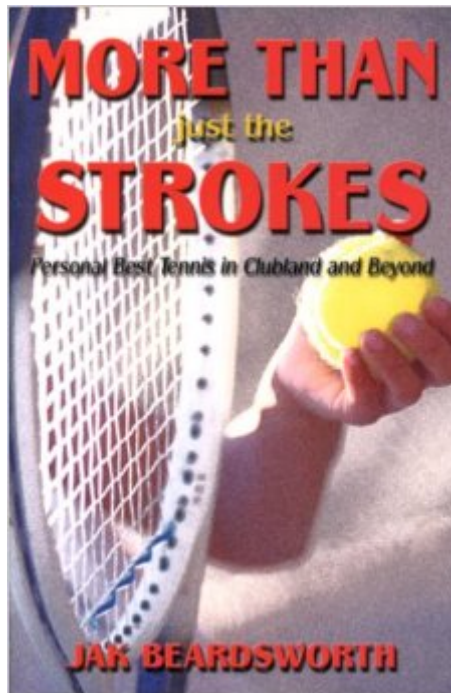


The book was found

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

Paperback: 278 pages

Publisher: Pentland Press (NC) (March 2005)

Language: English

ISBN-10: 1571974342

ISBN-13: 978-1571974341

Product Dimensions: 9.1 x 6.6 x 0.6 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,185,498 in Books (See Top 100 in Books) #69 in [Books > Sports & Outdoors > Coaching > Tennis](#) #374 in [Books > Sports & Outdoors > Individual Sports > Tennis](#) #458 in [Books > Sports & Outdoors > Racket Sports](#)

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 Strokes 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.

[Download to continue reading...](#)

More Than Just the Strokes: Personal Best Tennis in Clubland and Beyond Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis) Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days Biomechanical Principles of Tennis Technique: Using Science to Improve Your Strokes Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls) More Than This (More Than Series Book 1) Transformers: More Than Meets the Eye (2011-) Vol. 1: More Than Meets the Eye v. 1 NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Book: The Illustrated Encyclopedia of World Tennis Tennis Strings Made Easy: All you need to know about Tennis Strings Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Best Rail Trails California: More Than 70 Rail Trails Throughout The State (Best Rail Trails Series) How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) Grace: More Than We Deserve, Greater Than We Imagine Law of Attraction: Unleash The Secret Power Within and Learn How To Manifest More Money, More Love, More Success, More Abundance In No Time: (Special Bonus: ... Money, Success, Happiness & Love,)

[Dmca](#)