

"Mental Training in Tennis: applied strategies for success"

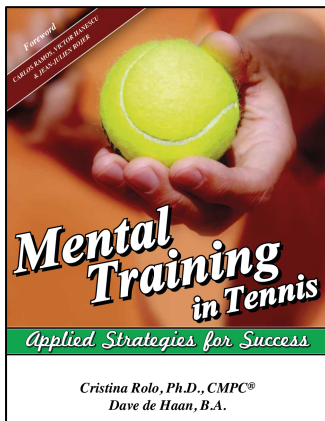
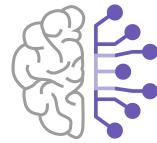
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About the Mental Training Book

Do you desire to develop your Mental Toughness?
Would you like to assist your athletes fulfill their potential and achieve success?

Are you looking for ways to increase your motivation, become more positive, concentrated, confident, and reach your goals efficiently?

If you responded yes to any of these questions, the Mental Training in Tennis: applied strategies for success (MTT) book is ideal for you.

This book is a pioneer project, which resulted from 12 years of applied research conducted by Cristina Rolo and Dave de Haan. The exercises included in the book were successfully tested in several countries, such as the USA, Portugal, Romania, and The Netherlands. Although this is a science-based book, it is written with easy to read language.

The MTT book contains information and exercises relative to the following six topics: Psychological Training, Motivation, Positive Self-dialogue, Goal-setting, Concentration, and Confidence. After each chapter, you will find off- or on-court exercises (total of 33). The proposed on-court activities promote the integration of Mental Training within the technical, tactical, and physical training.

Throughout the book, analogies, stories, exercises, and images are presented to make the learning experience more fun and to facilitate understanding.

Although the language and examples are for tennis, the content of the book and most exercises can be applied in any sport, as well as in other areas, such as education, health, arts, and business.

To purchase the book on Amazon.de (53,49€) go to <https://shorturl.at/jkv67>

To pre-order the "Mental Training in Tennis: applied strategies for success" book with *Special Discount* (45€ for VSPN Lustrum participants) contact: info@rolomentalcoaching.com

Should you want the book autographed and with dedication, please provide the name you want RMC to use for this purpose

