



# Prime Tennis: Triumph of the Mental Game

*Jim Taylor Ph.D.*

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## **Prime Tennis: Triumph of the Mental Game** Jim Taylor Ph.D.

As one of America's premier tennis psychologists, Dr. Jim Taylor knows what it takes to play winning tennis. The lessons Dr. Taylor has learned from working with some of the world's best players, coaches, and juniors will change the way you play tennis.

*Prime Tennis* introduces you to the essential mental factors that impact tennis including motivation, confidence, intensity, focus, and emotions. You will learn simple and practical techniques you can use to be your own best ally on court, stay cool when the pressure is on, and play your best tennis consistently.

You will learn about the secrets that make the top pros great and how you can incorporate those secrets into your own game. *Prime Tennis* will teach you how to take your tennis to a new level. Ultimately, *Prime Tennis* will show you how to experience the *Triumph of the Mental Game!*

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