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a revolutionary program for overcoming the self-doubt, nervousness, and lapses of concentration that can keep a player from winning. Now available in a revised paperback edition, this classic bestseller can

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change the way the game of
tennis is played.

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Side to the Mental Side of Peak
Performance was a
phenomenon when it was
published in 1972, mainly
for its revolutionary take
on overcoming the self-
doubt, nervousness, and
lapses of concentration that

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can keep a player from
winning.

~~HOME — The Inner Game~~

As most people can guess by the title, the "inner game" of tennis is the game that takes place in the mind of

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the player and is played against barriers such as nervousness, self-doubt, etc.

To gain clarity on the mental problems in tennis, the book looks at the concepts of "Self 1" and "Self 2".

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composed of two parts, an outer game, and an inner game. The outer game is played against an external opponent to overcome external obstacles and to reach an external goal.

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W. Timothy Gallwey's Inner
Game of Tennis is
insightful, practical and
easy to read. More
importantly, it's the best

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book on applied mindfulness
I've ever read. In fact,
what it teaches is so
valuable that I've already
recommended it to a dozen
people who've never even
picked up a tennis racket.

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summary explains the mental
state of peak performance
and how you can access it by
resolving the conflict
between your two selves.

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Best tennis book ever
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about tennis. The Inner Game
of Tennis is the outline,

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Inner Tennis is the meat and potatoes.

~~Inner Tennis, Playing the
Game: Gallwey, W. Timothy~~

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“When we plant a rose seed in the earth, we notice that it is small, but we do not criticize it as “rootless and stemless.” We treat it as a seed, giving it the water and nourishment required of a seed.

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~~The Inner Game of Tennis
Quotes by W. Timothy Gallwey~~

Gallwey's seminal work is
The Inner Game of Tennis,
with more than one million
copies in print. Besides
sports, his training methods

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have been applied to the
fields of business, health,
and education.

~~Timothy Gallwey — Wikipedia~~
The Inner Game of Tennis is
a revolutionary program for
overcoming the self-doubt,

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nervousness, and lapses of
concentration that can keep
a player from winning. Now
available in a revised
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classic bestseller can
change the way the game of
tennis is played.

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(□□)

Chapter Ten - The Inner Game
Off the Court Clearly,
almost every human activity
involves both the outer and
inner games. Learning to

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welcome obstacles in
competition automatically
increases one's ability to
find advantage in all the
difficulties one meets in
the course of one's life.

~~The Inner Game of Tennis by~~

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~~Timothy Gallwey — Summary & Note~~

A summary and analysis of the key ideas in Timothy Gallwey's 1974 book, 'The Inner Game of Tennis'. The ideas (as they relate to sports) are so ahead of the

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Ostensibly, The Inner Game of Tennis is a book about tennis. But dig beneath the surface, and it teems with

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techniques and insights we
can apply to any challenge.
The book is really about
overcoming the external
obstacles we create that
prevent us from succeeding.

~~The Inner Game: Why Trying~~

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~~Too Hard Can Be~~ Side Of Peak
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Every game is composed of two parts, an outer game and an inner game. The outer game is played against an external opponent to overcome external obstacles,

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and to reach an external
goal. The inner...

~~The Inner Game of Tennis by
W. Timothy Gallwey in 5 ...~~

“Introduced to The Inner
Game of Tennis as a graduate
student years ago, I

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recognized the obvious
benefits of [W. Timothy]
Gallwey's teachings....

Whether we are preparing for
an inter-squad...

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Whether you are an amateur or a pro, The Inner Game of Tennis is essential reading for overcoming the self-doubt, nervousness, and lapses of concentration that can keep a player from

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winning. It is guaranteed to
change the way you play
tennis forever. --This text
refers to the paperback
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The Inner Game of Tennis
Summary “Every game is
composed of two parts,”
writes tennis instructor W.
Timothy Gallwey, “an outer
game and an inner game.” It
is, he goes on, the inner

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game you need to win so as
to have any chance in
winning the outer game.

Wondering what that means in
practice?

~~The Inner Game of Tennis
Summary — Timothy Gallwey~~

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Game of Tennis A phenomenon
when first published in
1974, the Inner Game was a
real revelation. Instead of
serving up technique, it
concentrated on the fact

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that, as Gallwey wrote, Peak
Performance
“Every game is composed of
two parts, an outer game and
an inner game.”

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