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# The Inner Game of Tennis

*The Classic Guide to the  
Mental Side of Peak Performance*

W. Timothy Gallwey

Foreword by Pete Carroll,  
head football coach, USC

# Resumo de The Inner Game of Tennis

The Inner Game of Tennis is 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 change the way the game of tennis is played.

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