



More Than Just the Strokes: Personal Best Tennis in Clubland and Beyond

Jak Beardsworth

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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.

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