



Deliberate Tennis: A Player's Guide to Maximum Effectiveness On and Off the Court

Ph.D., Bill Himadi

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Deliberate Tennis is an innovative and entertaining psychology-based book that is your personal road map to tennis excellence. This book weaves together five key psychological principles or guidelines – deliberate practice, mindsets, skill development via operant conditioning, therapeutic techniques from the “third wave” psychotherapies, and environmental design - to promote optimum tennis play. Deliberate Tennis will show you how to (1) clarify what you currently value about your tennis life and to incorporate these values into a deliberate-practice training program, (2) develop and maintain a "growth mindset" to achieve your goals, (3) incorporate key concepts from the behavioral sciences to improve your game, (4) develop optimum levels of attention and concentration during point play, (5) cope with negative thoughts and emotions, (6) formulate and implement strategic game plans, and (7) maximize your time on the court to reach your potential as a tennis player. Deliberate Tennis is an indispensable guide for tennis players of all ages and levels, coaches, and parents of aspiring players.

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