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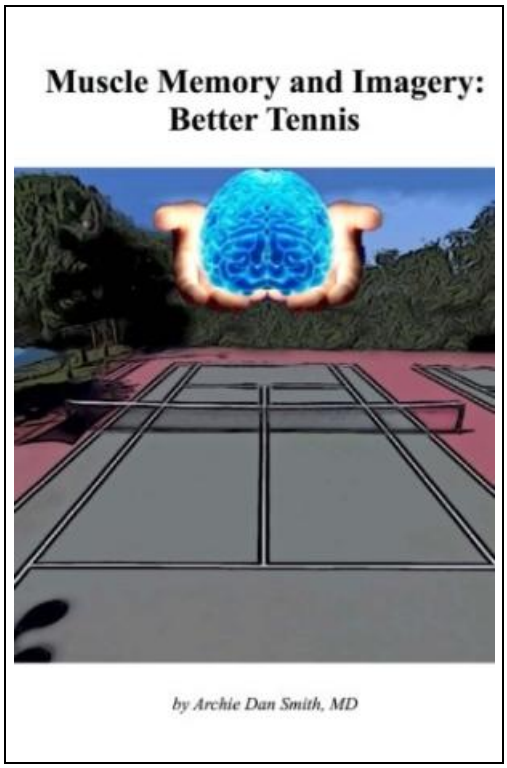

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Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Anabel Zemlak)

MUSCLE MEMORY AND IMAGERY: BETTER TENNIS (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why this book? Because it answers questions you may have wondered: Why am I not getting better at tennis? Why do I take a lesson, end up hitting well, and then play lousy the next day? It all relates to your muscle memory, or actually the lack of good muscle memory. Most of your practice and play do little more than reinforce the current shots that you want to improve. Little wonder you end up hitting like you always do when you play the next day, and then are frustrated because your game is off and you were hitting so well yesterday at the end of the lesson. It is muscle memory that makes your tennis game what it is, for the good or for the bad. If you want to take your game to a higher level you need techniques to create the muscle memory needed to win. This book is the science of muscle memory - how to avoid messing up, and how to optimize. Research and common sense suggests you can improve and have the good results stay with you - all with less time and effort. This book is the way to Better Tennis, no matter what your level - novice or pro. By practicing differently than you have ever been instructed, science suggests you can substantially improve your game. You achieve this by use of Muscle Memory Practice. This book tells how. Another path to Better Tennis is Imagery. Again, the science and research are reviewed. A plan to incorporate Imagery use is provided. With just a few short minutes per day of Imagery use, your serve, your return, and your game can improve. You win...

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