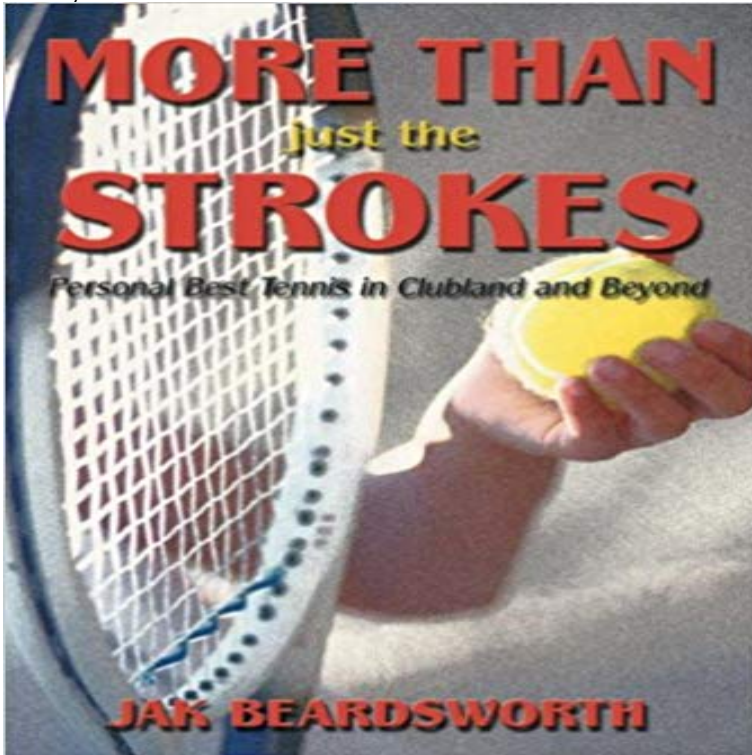


## More Than Just The Strokes: Personal Best Tennis in Clubland and Beyond



More Than Just the Strokes: Personal Best Tennis in Clubland and Beyond is a comprehensive common sense guidebook designed to assist the reader in reaching the apex of his or her tennis game. Based on over thirty- five years of playing and coaching experience, this book is not simply another system. Rather, it serves to direct the reader through stages of self-realization and confidence boosting by elaborating not only on improving the physical characteristics of ones game, but also on crucial and often- overlooked mental and emotional techniques. In a sport where expectations and pressure are constantly mounting, it is difficult to stay focused and competitive. More Than Just the Strokes employs wisdom and advice from the author and other professional athletes to encourage the reader. Beardsworth candidly relates both his successes and failures as a player experiences to which any tennis enthusiast will readily relate. Having coached many different levels professional, college, junior, and club Beardsworths advice will be invaluable to novice and experienced players alike.

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