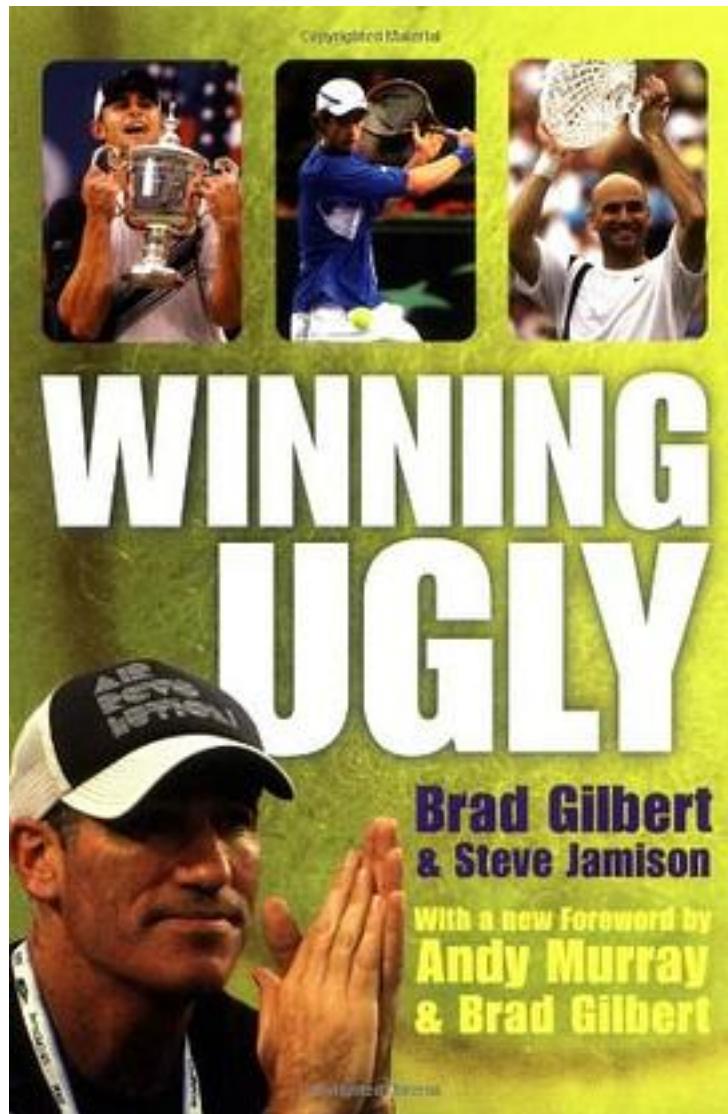


Winning Ugly



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著者:Brad Gilbert

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He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty, but looks aren't everything. He has beaten the Tour's biggest names -- all by playing his "ugly" game. Now, in "Winning Ugly" Gilbert teaches recreational players how to win more often without necessarily even changing their strokes. The key to success, he says, is to become a better thinking player -- to recognize, analyze, and capitalize. That means outthinking opponents before, during, and after a match; forcing him or her to play "your" game. Gilbert's unconventional advice includes: * How to identify the seven "Hidden Ad Points," and what to do when they come up * Six reasons why you should never serve first * How to beat a Lefty, a Retriever, a Serve-Volley player, and other troublesome opponents * How to keep a lead, or stop a match from slipping away * How to handle psyching and gamesmanship "Winning Ugly" is an invaluable combat manual for the court, and its tips include "some real gems," according to "Tennis" magazine. Ultimately, "Winning Ugly" will help you beat players who have been beating you.

作者介绍:

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