



The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance

By W. Timothy Gallwey

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The Inner Game of Tennis is a revolutionary program for overcoming the self-doubt, nervousness, and lapses of concentration that can keep a player from winning. Now available in a revised paperback edition, this classic bestseller can change the way the game of tennis is played.



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Editorial Review

Amazon.com Review

A phenomenon when first published in 1972, the *Inner Game* was a real revelation. Instead of serving up technique, it concentrated on the fact that, as Gallwey wrote, "Every game is composed of two parts, an outer game and an inner game." The former is played against opponents, and is filled with lots of contradictory advice; the latter is played not against, but within the mind of the player, and its principal obstacles are self-doubt and anxiety. Gallwey's revolutionary thinking, built on a foundation of Zen thinking and humanistic psychology, was really a primer on how to get out of your own way to let your best game emerge. It was sports psychology before the two words were pressed against each other and codified into an accepted discipline.

The new edition of this remarkable work--Billie Jean King called the original her tennis bible--refines Gallwey's theories on concentration, gamesmanship, breaking bad habits, learning to trust yourself on the court, and awareness. "No matter what a person's complaint when he has a lesson with me, I have found the most beneficial first step," he stressed, "is to encourage him to *see* and *feel* what he is doing--that is, to increase his awareness of *what actually is*."

There are aspects of psychobabble and mysticism to be found here, sure, but Gallwey instructs as much by anecdote as anything else, and time has ultimately proved him a guru. What seemed radical in the early '70s is now accepted ammunition for the canon; the right mental approach is every bit as important as a good backhand. *The Inner Game of Tennis* still does much to keep that idea in play. --Jeff Silverman

From the Inside Flap

The Inner Game of Tennis is a revolutionary program for overcoming the self-doubt, nervousness, and lapses of concentration that can keep a player from winning. Now available in a revised paperback edition, this classic bestseller can change the way the game of tennis is played.

From the Back Cover

The Inner Game of Tennis will help you: use the mind/body connection and learn to trust yourself on the court; find the state of "relaxed concentration" that allows you to play at your best; utilize the "inner game" principles to make the most of traditional instruction techniques; focus your mind to overcome nervousness and self-doubt; and build skills by smart practice, then put it all together in match play. Gallwey is one of the leading innovators in sports, and this new edition refines the techniques that he has perfected over his long career. His straightforward and concise style, clear examples, and illuminating anecdotes will help tennis players of all abilities - from beginner to expert. The Inner Game of Tennis will change the way you play the game.

Users Review

From reader reviews:

Jerry Gavin:

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