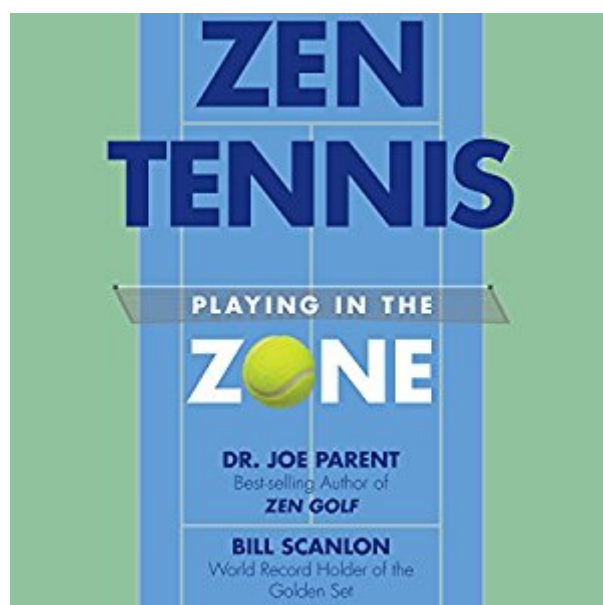


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# Zen Tennis: Playing In The Zone



## Synopsis

From the best-selling author of *Zen Golf: Mastering the Mental Game* and the tennis champion and world record holder of the Golden Set comes the most innovative and powerful book since *The Inner Game of Tennis*. Combining deep Eastern wisdom and practical tennis expertise, *Zen Tennis* will help you get out of your own way and into the zone.

## Book Information

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Best Sellers Rank: #54 in Books > Sports & Outdoors > Individual Sports > Tennis #65 in Books > Sports & Outdoors > Racket Sports #150 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology

## Customer Reviews

This is one of my favorite books on the mind of a tennis player. The explanation of the psyche leading up to, during, and after the "GOLDEN SET" is true tennis genius. The game of tennis is such an emotional journey that to gain peace and serenity and have a clear understanding of how to get to that inner calm in a competitive tennis match, can elevate any tennis player's game, no matter what level of competition they are playing (recreational, juniors, national, collegiate, professional, senior). Well written, easy to understand, great examples, phenomenal ZEN like quotes, just an all star read....Great Job....IT a great tool and reference book, to even read during change overs as to keep your mind at peace and in perspective.

This book is a great reminder of the importance of the mental aspect of success in any endeavor. It provides a hands-on approach to mastering all aspects of your life. With inspirational quotes and practical strategies to restoring one's confidence, this gem-of-a-book is a must-have for the high achiever's library. Buy it, keep it, and read it over and over.

This is a truly thoughtful and engaging book about how Zen Buddhist teachings and philosophy can specifically and demonstrably be applied to improving the games and experiences of tennis players of all levels. Dr. Parent's Buddhist parables and his skillful illustrations of their broader connection to tennis are validated by Mr. Scanlon's specific demonstrations of how he was able to apply those principles to his tennis game, his career, and even his life after tennis. What's remarkable about Mr. Scanlon's "Golden Set" is that, until he was congratulated on it afterwards, he wasn't aware of what he'd accomplished - he had employed Zen techniques while playing each point even though he wasn't aware that's essentially what they were!

I picked up the book originally thinking it was just another psychological book on tennis. I thought I would quit reading it after maybe 2 chapters. That was not the case! I began reading it and right off the bat, it struck me. This book isn't only about tennis, but about life. Every segment in the book was easy to apply. Although I have always been fairly strong mentally, I found the data actually filled in areas that I was lacking. It upped my level of being able to control my mind 10 fold. Being in the Zone applies to all aspects of your life, business, sports, love and more. I've actually achieved the ability to be in the Zone much more often and in many situations. The information and drills contained in the book actually work! Very well written and easy to apply.

As a professional golfer I am always working on my mental game. I have read all the sport psychology books I can find and this was the best! It is amazing to hear from Bill Scanlon who has accomplished something that no other male athlete has ever done (the Golden Set). Bill was never the most physically talented player on Tour, so it is inspirational to know that he used his mind to achieve this incredible feat and have such a great career. Whether you play tennis, golf, or you just want to be the best you can be at what you do this book is essential.

If you remember 'The Inner Game of Tennis', this book is the evolution of that groundbreaking work, as Parent and Scanlon meld their combined and vast knowledge of psychology, physiology and the game of tennis to create a break-through, yet perfectly understandable methodology to not only improve your game but also improve your mental strength. I loved this book and have brought it with me every time I get on the court!

As a senior citizen I played tennis with a group of ladies every Thursday. I gave up after only a few

months. This book has given me the impetus to go out there again and stop "beating myself up"!! It is not only a Zen approach to tennis, it is a lesson in life. To quote "These principles provide a tried and true path that will benefit you in all aspects of your life". Now to put it to the test!

I have known and played tennis with Bill Scanlon for over 40 years. The topics that have become Zen Tennis were formulated by Bill for years and the results is a wonderful treatise for anyone looking to improve the quality of their game and life. Bill thought about and considered each topic discussed and examined through his own life experience. He knows what he is talking about. I highly recommend this book. David Erickson

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