



Tennis 2000: Strokes, Strategy, and Psychology for a Lifetime

Vic Braden, Bill Bruns

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Drawing on expertise gained from a lifetime of playing, coaching, and studying the sport, Vic Braden offers a no-frills strategy that starts with a simple premise: Good strokes last a lifetime. "Whether you're three or ninety-three, whether you play the game recreationally or at the tournament level, " writes Braden, "the basic question-and-goal always remains: Under pressure do you have the consistent strokes you need to hit the shots you want?"

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