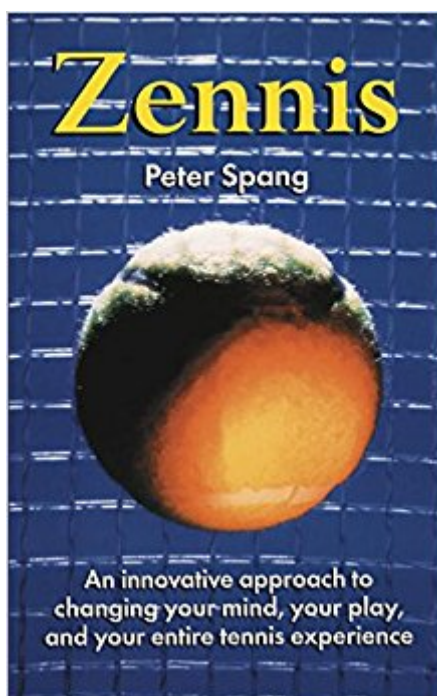


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# Zennis: An Innovative Approach To Changing Your Mind, Your Play, And Your Entire Tennis Experience



## Synopsis

Whether you are new to the game or an experienced player, this book will help you find the keys to your peak performance and get you into the zone. You will master the art of being in the moment, breathing freely, acting spontaneously, and playing clean, unworried shots. By using the insights, exercises, and techniques presented in Zennis, you will make your game more successful, vital, and enjoyable. Peter Sprangâ”a professional player and coach who has faced such opponents as Ivan Lendl and Boris Beckerâ”teaches you how to defeat the demons of perfectionism, self-criticism, boredom, and expectations, and gives you the mental tools to conquer the killer on the courtâ”fear. With seven unusual on-court exercises, meditation techniques, and a new way of practicing strokesâ”the Zen tennis formâ”this book will prepare you to play tennis like you have never played it before. Includes information on how to create your own Zen tennis group.

## Book Information

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## Customer Reviews

Years ago I read a book called the Inner Game of Tennis. I thought I would read it again to help me at the Table Tennis Club. As I was reviewing that book on , one reviewer suggested this Zennis book instead. I went for it and ended up absolutely loving Zennis. I was getting very angry and frustrated before this book and now I enjoy the intense competition more than ever. My game has improved some, but my attitude, interest and enjoyment of the game has made drastic improvements. I think my game will improve even more as I get used to my new foundation. When I am in the Zennis Zone, my game is facinating, creative, interesting. 'Watching myself' make stunning and surprising shots becomes normal and almost comical. A huge improvement from my

absolute frustration and ranting. I wouldn't let the Buddhism scare you. As an unashamed Christian I found only a sentence or two that would contradict or offend my faith. I actually prayed that God would help me with my anger and feel He led me to this book. Very easy to read not as easy to apply. It was right up my alley.

Can a book change your life? Are you ready for the challenge of changing the way you see yourself, your life and the tennis game? Well, in my case I can answer "yes" to both questions. Mr. Spang translated into words several impressions and feelings I had in my mind for a long time. For me it was really impressive to rediscover the way I see life and the tennis game. I said rediscover because I am sure I knew a lot of the things that are mentioned in the book, but I had forgotten them. Just like Socrates, the ancient Greek philosopher said, know yourself. You already know all the answers, it is just a matter of remembering them. It is not only a book about tennis, but also a voyage inside your mind and heart. I am not a tennis pro, but I certainly love tennis. And reading Mr. Spang's book made this feeling even stronger, along with other surprisingly good feelings. I came to meet my demons more often, even made friends with them and learned to produce positive energies out of negative ones. Reading this book you will find very little technical advice but you will certainly come to know a stranger much better: yourself. And through a very exciting way: playing tennis.

I learned some tricks for my tennis practice in this book. I don't know about the meditation part of it though. I will have to think about that one!

An excellent book from someone who has played and coached. There is a great range of ideas and practices presented in a clearly written style. Despite being published in the nineties, the attitudes and focus it can help you develop are completely relevant and applicable today. Overall, great value for money.

A few good stories.....

I am a teaching pro for the past 30 years and after reading Zennis I changed how I approach the game and my teaching method. I loved the book because it combines the author's real life experience with practical drills that can be used by professionals as well as the average player. I now have a new method for teaching that helps keep my students calm and their minds quieter.

Great for teaching beginners how to focus on the ball and not be so self conscious. For a book written quite some time ago it is super relevant even in this age of power tennis.

Peter captures some of the subtleties in the game many other coaches and players overlook. He brings to the court a broad perspective that helps you think outside the box. His techniques for finding the zone are effective, but it requires some courage to go through with the drills. The not so obvious workings or non-workings of the mind during play are addressed throughout. There are some gems of information that should be worth the read for anyone attracted to the title.

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