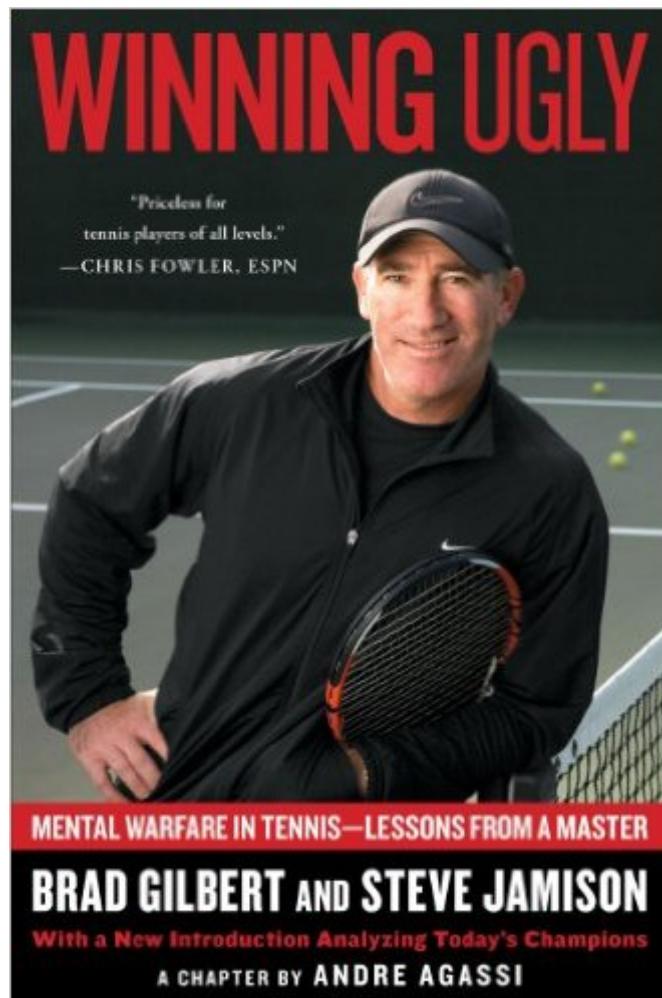


The book was found

Winning Ugly: Mental Warfare In Tennis--Lessons From A Master



Synopsis

The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents. A former Olympic medalist and now one of ESPN's most respected analysts, Brad Gilbert shares his timeless tricks and tips, including "some real gems" (Tennis magazine) to help both recreational and professional players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

Book Information

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Customer Reviews

I could never break past the round of 16's or quarters at any big tournament. I'll summarize how to win those matches now: get in great physical shape, apply the principles of Winning Ugly, visualization, and embracing/enjoying close matches with your best effort rather than choking. Another title of this book might be "Helping your opponent make mistakes and lose". For the majority of us, especially at the club level, we don't have the skillset to win by hitting winners. We just need to play percentage tennis, and help our opponents lose. It's only at the very highest levels of the game that winners are sometimes greater than unforced errors. Only at the top of the game where two guys can trade winner after winner, hit stuff around the net and between their legs.

Unless one is a naturally gifted tennis player (Federer) Winning Ugly is for the rest of us. And its a lot more than just hitting to a guys bad backhand. To Champions, a lot of this comes naturally. But it CAN be learned. Once in my life, I got in the zone. I could not miss. My dad still talks about that set! I'm so happy he was there to see it. I took a set off a guy who was ranked #3 in the US, and as I was marvelling at the crowd forming to watch me, and calculating the rise in my ranking, he mopped the floor with me 0 and 1. If I'd had Winning Ugly, I might have kept my head in the game and won that match. I remember this guy in my Sectionals, who was the dorkiest guy on the junior tour, but always in the top 5 seeds. He wasnt in great shape. He actually had a tether! built into his grip for his unorthodox two handed forehand, and thick coke bottle glasses.

While I have enjoyed reading many books in the past, the book I am currently reading, Winning Ugly, has been especially enjoyable for me. It has been good not only because of the fact that it is on the subject of improvement on my favorite sport, tennis, but also because it has many lessons that apply to life off the court. It is very amusing because of the examples he uses, that often have John McEnroe at the butt of a joke. The author of Winning Ugly, Brad Gilbert, has a great writing style. I think part of the reason that I enjoy this book so much is because of how he makes points by explaining how he has actually used what he talks about against players like Jimmy Connors, Boris Becker, John McEnroe, Ivan Lendl, and Andre Agassi. It's not a book about the basics of tennis, or how to hit the ball and such, it's a book about the mental aspect of the game, or as he describes it, playing smart. One of the first points he makes is how important it is to stay focused. He talks about how throughout his whole professional career he was playing and beating many players, who, on paper, should have won. The main reason he was able to beat so many players who had a "better game" (i.e. more powerful, cleaner shots) was because of simply making observations, and changing his plans accordingly. A great example of this would be many of his matches against Becker. He realized that in a contest of who could hit the ball harder Becker would win, hands down. So he changed his strategy, instead of hitting the ball as hard as he could, like most players would, he went for shots that didn't generate much power, making Becker hit a shot he isn't comfortable with, and giving him an edge.

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