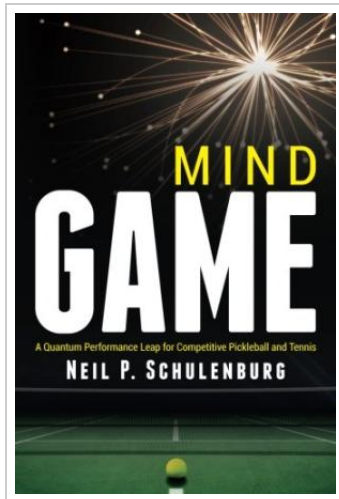




Mind Game: A Quantum Performance Leap for Competitive Pickleball and Tennis (Paperback)

By Neil P Schulenburg

Abundant Living, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Psychotherapist and avid tennis and pickleball player Neil P. Schulenburg, PhD, combines his two passions to give players this guide to mastering the mental aspects of the games. Before you pick up the racquet or paddle, learn how to reach the right frame of mind for success. Sports are as much about the psychology of the game as they are about strength and skill. Sports like tennis and pickleball require intense focus and discipline. In partner tennis and pickleball, it is also imperative to be aware of your partner's mentality and know how to support without distracting. Mind Game helps players improve their own mental focus and understand the mental focus of other athletes. In simple terms, Dr. Schulenburg explains neuroprocessing and the functions of the two hemispheres of the brain. He shows how to think about the game and review your performance in new ways to help the hemispheres process this information. Dr. Schulenburg's neurological expertise makes him the perfect mental coach for players of all skill sets. Whether you are a seasoned expert or it's your...



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