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## Mind Games

**Jason Whitmore**
Element Books (June 1998)
Unknown $5.95 (123pp)
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This book, written by a father-son team, provides young teen-age players with a very thorough look at the sport of tennis. It is not intended as a handbook of techniques, but rather a guidebook for the mental approach to the game and handling competitions. The authors explore the questions of why one plays tennis, the fear of losing, dealing with pressure from teammates and adults, and setting realistic, yet challenging goals. Many personal anecdotes are included as examples.

The text is written in an almost conversational manner, which young readers will find easy to understand and follow. The table of contents can direct them to specific areas of interest or concern such as coaching or goal setting. Humorous sketches add to the appeal.

Parents and families of tennis players could benefit from reading this book and discussing the issues presented as they relate to their own experiences. The young player might welcome this as an avenue to talk about his or her own thoughts about the sport. Most of this helpful advice would apply to other sports as well.
DAWN FARLEY (June 15, 1998)

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