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Tennis: Competitive Strategy: Health Secrets: 3 Books in 1: Master Your Tennis Game, Get The Edge On The Competition & Ultimate Health Secrets (The ... Competitive Strategies and Health Secrets)

Ace McCloud

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Want to play tennis better? Would you like the competitive advantage? Do you wish you knew the secrets to vibrant health?

3 Books in 1: An unbeatable combination of the best ways to dominant on the tennis court, compete at a more intelligent level and be vibrantly healthy.

Whether you want to **(1)** win more at tennis, **(2)** blow the competition off the court, or **(3)** increase your energy and physical health, **this book** will teach you **everything** you need to know.

Be a smashing success on the court!

Expand your playing strategies, hone your technique, and sharpen your mental focus so you can have more fun and win more often. Whatever your skill level, you'll find easy ways to enhance every aspect of your game.

What Will You Discover About Tennis?

- The secrets of the tennis grip and how it can dictate the type of shots you can make.
- The best foods and supplements to take for better game play.
- How to **dominate your opponents** with a powerful and reliable forehand shot.
- How to hit a fearsome backhand, just like the professionals.
- How top-spin can give you a competitive advantage.
- How to develop a **powerful serve**.
- How to stay physically fit and at the top of your game.
- Strategies that give you the edge in doubles play.
- Psychological strategies that will allow you to **dominate** your opponents.

Give yourself the competitive advantage!

Remove negative influences and replace them with **positive alternatives**. Equip yourself to stride into each challenge with confidence and the ability to compete at your highest level.

What Will You Learn About Competitive Strategies?

- How to be calm and relaxed in key situations.
- How to use the excitement of competition to help you **perform** better.
- Powerful mental strategies to keep your head in the game.
- The proper way to use **goal-setting**.
- How to model the tactics of the experts.
- The key strategies all winners have in common.
- How to compete effectively **in all circumstances**.
- How to **train properly** for competition.
- How to make a **masterful plan of action** for peak performance success.

Let yourself live to the max!

Gain proven tools for **vibrant living** that can last you for the rest of your life! Use the strategies of the pros to give your **body the foods it needs** in order to **heal itself** and generate enough energy to sail through your days.

What Will You Discover About Health?

- The **best foods** for healthy living.
- The benefits of a Mediterranean diet.
- Cardiovascular exercises and physical training strategies.
- The best all-natural **energy-boosting supplements**.
- Exercises and workouts described in full detail.
- A practical guide to applying the best health principles to your life.
- How to customize a **nutritional plan** to meet your body's needs.
- How to use your thinking to boost your physical and mental health.
- How to combine strategies to live a **super-charged and healthy life**.

Stop guessing at what works and start playing like a pro.

Get the edge: Buy It Now!

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Raymond Roth:

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Donna Miller:

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Joshua Mendez:

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Deborah Rost:

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