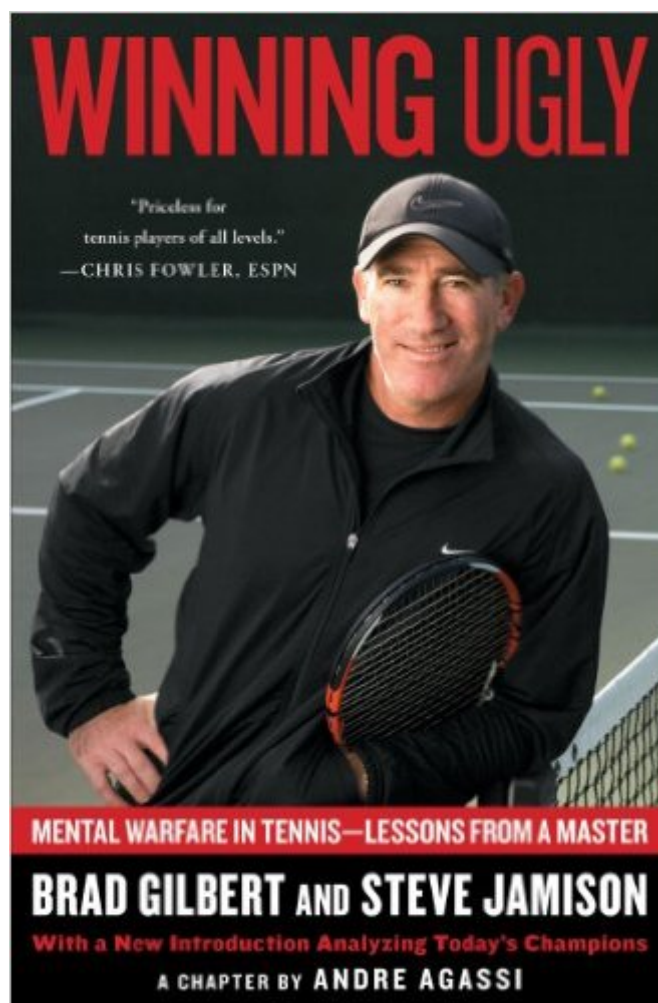


The book was found

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 "awesome 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

Paperback: 224 pages

Publisher: Touchstone (May 31, 1994)

Language: English

ISBN-10: 067188400X

ISBN-13: 978-0671884000

Product Dimensions: 5.5 x 0.8 x 8.4 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (261 customer reviews)

Best Sellers Rank: #9,104 in Books (See Top 100 in Books) [#1 in Books > Sports & Outdoors > Coaching > Tennis](#) [#7 in Books > Sports & Outdoors > Individual Sports > Tennis](#) [#8 in Books > Sports & Outdoors > Racket Sports](#)

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.

[Download to continue reading...](#)

Winning Ugly: Mental Warfare in Tennis--Lessons from a Master Tennis: Tennis Strategies: The Top 100 Best Things That You Can Do To Greatly Improve Your Tennis Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Tennis) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide

(Tennis Strategies How to win more matches Book 1) Tennis: The Ultimate Guide To Tennis - Master The Fundamentals Of Tennis And Level Up Your Game In 7 Days Spiritual Warfare During Your Sleep: Weapons of Warfare vol. 2 (Dream Warfare) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Winning Ugly: NATO's War to Save Kosovo Winning Ugly ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) 7 BOOKS ON MENTAL POWER AND THOUGHT FORCE. THOUGHT-FORCE IN BUSINESS AND EVERYDAY LIFE; MEMORY CULTURE; DYNAMIC THOUGHT; THOUGHT VIBRATION; MENTAL POWER; ... OF LESSONS (Timeless Wisdom Collection) Spiritual Warfare During Your Sleep: Dealing With Dream Invaders vol. 1 (Dream Warfare) International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Book: The Illustrated Encyclopedia of World Tennis Tennis Strings Made Easy: All you need to know about Tennis Strings

[Dmca](#)