



MACH 4® Mental Training System Tennis Workbook

Ph.D. Anne Smith

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The MACH 4® Mental Training System Tennis Workbook was created to be a supplement to my book titled "MACH 4® Mental Training System A Handbook for Athletes, Coaches and Parents". By implementing MACH 4 during practice sessions, lessons, and matches, players and coaches will have the complete package. Ultimately, the mind is in control and will determine whether technique and physical training will all come together at the same time to produce the best results. The goal of this Workbook is to help players become more aware of their thoughts, emotions, and behaviors (physical feelings) so that they can consistently play their best.

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