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Change Your Grip on Life Through Tennis!: A Player's Physical, Mental, Technical, & Nutritional Guide for Improving Your Game

Carmen Micsa

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A Player’s Physical, Mental, Technical, & Nutritional Guide for Improving Your Game “After having played tennis for more than 20 years, I have realized that it took a long time to learn the ins and outs of this beautiful game that challenges us physically, mentally, and spiritually. Thus, I have decided to make it a lot easier for new, intermediate, and advanced tennis players by providing an overview of the tennis game, including chapters on drills, cross training, nutrition, the Zen of tennis, a special chapter for junior tennis players and information on scholarships, and my favorite chapter, “100 Life Lessons I learned from Tennis”. The book can be carried around to practice various drills and cross training, which makes this a great gift to all the athletes in your life. What if you are not at all interested in tennis? Can this book help your fitness, mental, and spiritual life? Absolutely! This book is designed for all athletes, or people who want to add fitness and proper nutrition and change their grip on life.” And last, but not least -- with every book sold, USTA (United States Tennis Association) receives $1 to go towards the development of their junior tennis scholarships and programs.

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