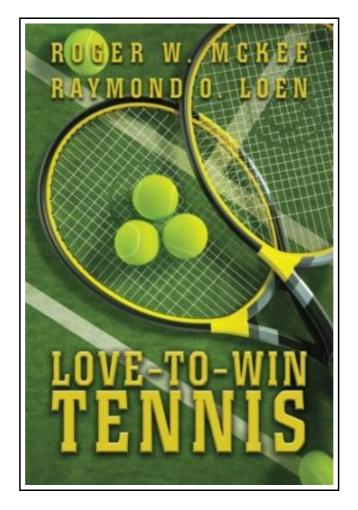
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Reviews

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(Veronica Hauck DVM)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand *****. If you are like most people, you enjoy most activities at which you are the most skilled. So it is with tennis. The better you are at it, the more you enjoy it. Whether you are just learning the game or are an experienced player, you can improve. The question is: Do you want to improve? You are most likely to want to improve if it s easy. That s why we wrote this book. We want to make it as easy as possible for you to improve so you can enjoy tennis more. So what s different about the book? How does this book make it simple for you to improve in singles, doubles, or both? First, is the concept of faults and fixes. You re not likely to improve unless you know what your improvement needs are. We call these your faults. Then you need one or more simple guidelines to make improvements. We call these fixes. Not only do we cover how you can identify and correct your faults; we also cover how you can prevent faultshow to do it right in the first place. Second, we cover on one page how you can learn or improve in each of seventy-three tennis skills-thirty-five Level I skills for beginning and intermediate players and thirty-eight Level II skills for those who want advanced skills. We boil each skill down to a one-syllable guideline-a focus word. For example, the focus word for your groundstroke drive is: LIFT. Start low and end up high. This is the single most important guideline for you to remember if you want to have an effective groundstroke drive. Other examples...

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