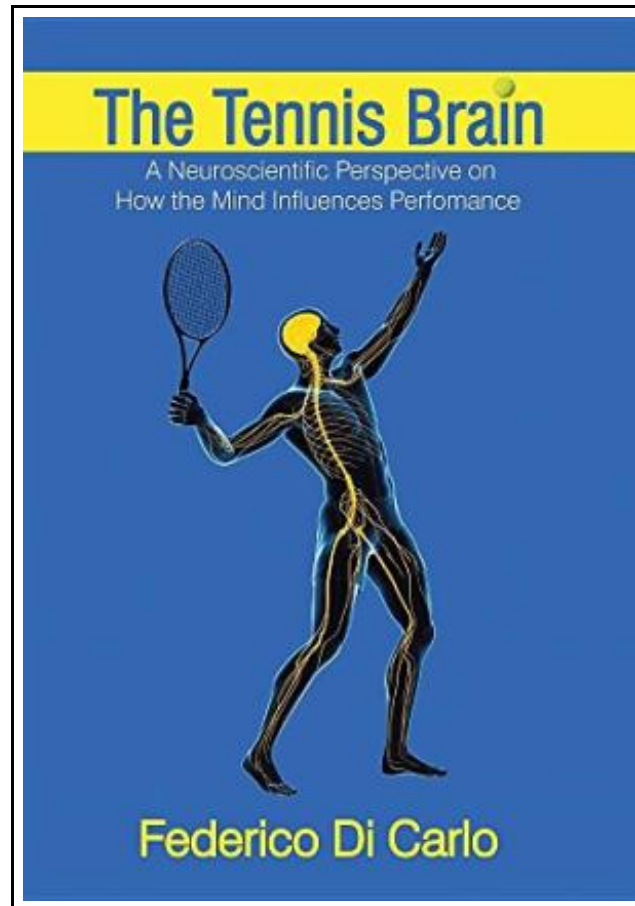


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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

THE TENNIS BRAIN: A NEUROSCIENTIFIC PERSPECTIVE ON HOW THE MIND INFLUENCES PERFORMANCE (HARDBACK)


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AUTHORHOUSE, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Most times tennis players and athletes in general finish the competition unhappy about their performance. They feel that the potential was there, but a hidden force prevented them from achieving a feel-good performance. Performances, however, are never usually black and white. Most times athletes feel as though they were going through flows, flash-in/flash-out phases. Falls during performance are conventionally defined slumps and are among the most hated between athletes, above all when they feel that the main reason for slumps is not due to technical, tactical or athletic flash-outs but rather to the mental components of the sport activity. In The Tennis Brain you will: -Journey inside the processes and functions of the human brain. - Find a neuroscientific based evidence for theories on the mind and conscious processes. -Discover why the game of tennis is so prone to mind influences. -Understand how the mind processes influence tennis game specific situations. -Learn how to synchronize brain, body and mind for best tennis in match performance. BOOK ENDORSEMENTS This work by Federico Di Carlo is a cornerstone among the contemporary research on cognitive neuroscience. The reader is introduced to the exploration and a step by step understanding of the brain and mind mechanisms. Through a fascinating journey in the world of tennis, the author motivates the reader to discover and change wrong behaviours in a positive way. This is a complete manual, useful to both tennis professionals and fans, as well as to anyone aspiring to achieve better results in the game of life. -Renzo Ardiccioni, Associate Professor of Communication, UniversitE du Maine, France Drawing upon a great number of studies as well as on the author s personal experience, Tennis Brain brings together neurosciences and...

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