

The Inner Game Of Tennis Book Summary (PDF) by W. Timothy Gallwey

Ready to learn the most important takeaways from The Inner Game Of Tennis in less than two minutes? Keep reading!



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The Inner Game of Tennis

*The Classic Guide to the
Mental Side of Peak Performance*

W. Timothy Gallwey

Foreword by Pete Carroll

Why This Book Matters:

The Inner Game of Tennis explains the battle between conscious and unconscious thoughts during a game of tennis, and how one must learn to trust their unconscious to make the best decisions in a matter of moments.

The Big Takeaways:

1. **Tennis players aren't just playing an outer game.**
 1. If Tennis players are playing an inner game in an attempt to balance their conscious and unconscious.
2. **Execution is born from letting your unconscious mind take control.**
 1. To execute the moves you need to win, you must let go of judgment and allow your mind and body do

what it knows best.

3. You must believe in your unconscious mind's capability.

1. You cannot continue to manage every little aspect of yourself and expect to see good results. It takes too much energy and effort, resulting in poor performance.

4. Don't fight your thoughts; teach them where to go.

1. Just like in tennis, you cannot consistently focus on the future of the ball; you have to focus on where the ball is presently.

5. The best teacher is life itself.

1. The fear of messing up prevents us from doing in the first place. We must put those expectations of ourselves aside to learn from our experiences truly.

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