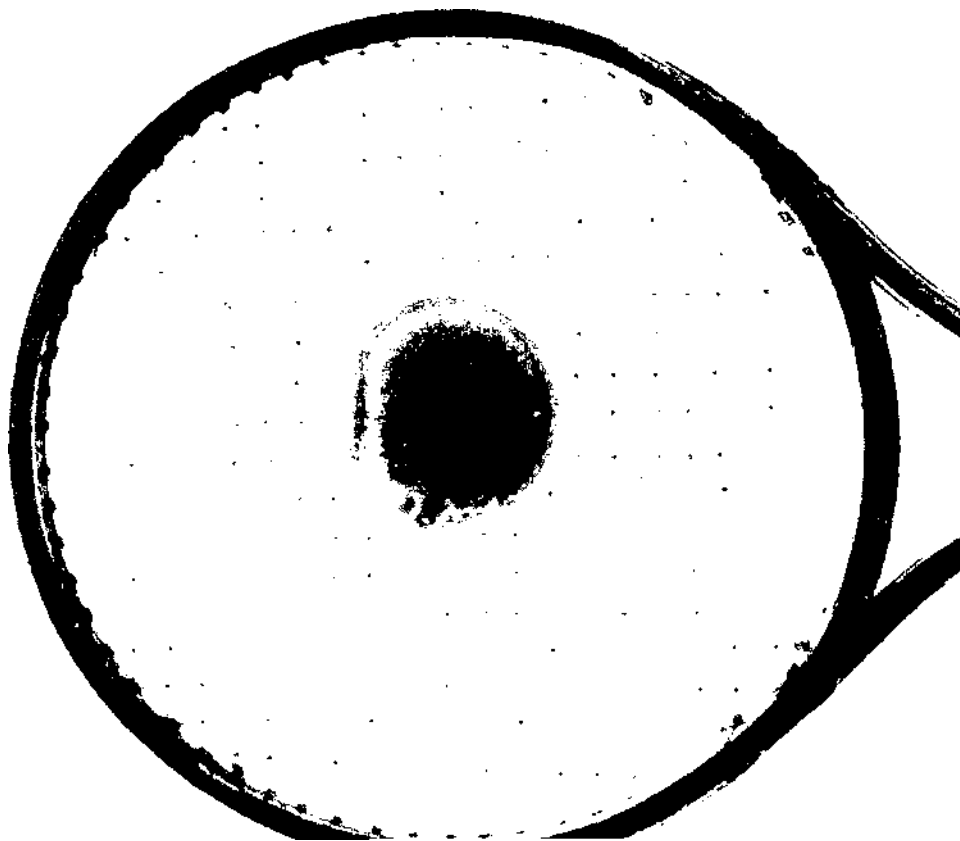


# The Inner Game of Tennis



# Contents

- I Reflections on the  
Mental Side of Tennis 17
  - The Discovery of the Two Selves 25
- 3 Getting It Together
  - Part One: Quieting the Mind 31
  - Getting It Together
  - Part Two: Letting It Happen 49



## 5 Master Tips 65

Changing Habits: Practical  
Applications of Inner-Game Learning 77

Concentration 89

Games People Play on the Court 107

The Meaning of Competition 119

The Inner Game Off the Court 129

