

A black and white photograph of Brad Gilbert, a tennis player, smiling and holding a tennis racket. He is wearing a dark long-sleeved shirt and a dark cap. The background shows a tennis court with a net and some yellow tennis balls.

*"Winning Ugly" explains Brad's formula for a winning tennis game. He understands the mental part of tennis better than anyone I have ever met. Brad helped me improve my game and I believe he can improve yours."*

— ANDRE AGASSI



# WINNING UGLY

MENTAL WARFARE IN TENNIS — LESSONS FROM A MASTER

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# Winning Ugly Mental Warfare In Tennis Lessons From A Master

**Brad Gilbert, Steve Jamison**



## **Winning Ugly Mental Warfare In Tennis Lessons From A Master:**

Winning Ugly Brad Gilbert, Steve Jamison, 1994-05-31 He's been called the best in the world at the mental game of tennis. Brad Gilbert's strokes may not be pretty but looks aren't everything. He has beaten the Tour's biggest names all by playing his ugly game. Now in *Winning Ugly*, Gilbert teaches recreational players how to win more often without necessarily even changing their strokes. The key to success, he says, is to become a better thinking player to recognize, analyze, and capitalize. That means outthinking opponents before, during, and after a match, forcing him or her to play your game. Gilbert's unconventional advice includes: How to identify the seven Hidden Ad Points and what to do when they come up; Six reasons why you should never serve first; How to beat a Lefty, a Retriever, a Serve Volley player, and other troublesome opponents; How to keep a lead or stop a match from slipping away; How to handle psyching and gamesmanship. *Winning Ugly* is an invaluable combat manual for the court, and its tips include some real gems according to *Tennis* magazine. Ultimately, *Winning Ugly* will help you beat players who have been beating you. *Winning Ugly* Brad Gilbert, Steve Jamison, 2003

**Winning Ugly** Brad Gilbert, Steve Jamison, 1993-01-01 Advice from a pro on how to improve your tennis game lists the six reasons never to serve first, discusses psychological aspects of the game, and reveals how McEnroe and Connors could steal a match. National ad promo

**TENNIS BEYOND MECHANICS** Bruno Simon, 2024-06-10 *Tennis Beyond Mechanics* explores the five levels of mind states. At any given moment, a player's mind state is at a given level. The higher the level, the better they will perform. Most of us mentally operate at level 1 or 2, whether on the tennis court or in daily life. Few operate at level 3, and even fewer at level 4. We've all heard of players who have experienced the zone, a state where one is playing flawlessly, almost effortlessly. It has been described by those who have experienced it as a meditative state of clarity. That is the level 5 state of mind, the highest level. *Tennis Beyond Mechanics* is about understanding those mental levels. It is about being aware of the level we find ourselves in and learning to elevate to higher levels for better performance. Thought provoking, captivating, and inspiring, this book also follows the fascinating journey of a tennis prodigy who happens to be one of those rare individuals who intuitively functions at level 4.

**The Best Tennis of Your Life** Jeff Greenwald, 2007-11-27 *Play with Freedom And Win More: The Best Tennis of Your Life* is an inspirational and practical guide that will help players of all levels finally master the mental game. Author Jeff Greenwald draws from his unique background as a world class player, sports psychology consultant, psychotherapist, and former coach to provide 50 specific tools you can immediately apply in any match situation. This comprehensive guide will show you how to Embrace nerves and play even better under pressure. Maintain confidence to win more consistently. Develop a pin point focus. Access an ideal level of intensity. Play with a renewed sense of passion and freedom. Why wait any longer to play the best tennis of your life? Get the mental edge with this invaluable resource and watch your game soar.

The Other Side of Sadness George A. Bonanno, 2019-11-05 In this thoroughly revised and updated classic, a renowned psychologist shows that mourning is far from predictable and all of us share a surprising ability to be resilient.

The conventional view of grieving encapsulated by the famous five stages of grief denial anger bargaining depression and acceptance is defined by a mourning process that we can only hope to accept and endure In *The Other Side of Sadness* psychologist and emotions expert George Bonanno argues otherwise Our inborn emotions anger and denial but also relief and joy help us deal effectively with loss To expect or require only grief stricken behavior from the bereaved does them harm In fact grieving goes beyond mere sadness and it can actually deepen interpersonal connections and even lead to a new sense of meaning in life

**From Go to Pro - a Playing and Coaching Manual for the Aspiring Tennis Player (And Parents)**

Mark A. Beede, 2016-06-07 Want to become a professional or elite tennis player Know someone who does Do you coach high performance players From Go to Pro provides a pathway to mastery of tennis to the professional ranks While at the very top levels some talent is required the primary prerequisite for mastering tennis at an elite level is work work and more work combined with passion commitment and purposeful practice From Go to Pro gives the technical tactical developmental and competitive expertise to move into tennis upper levels A manual for players coaches and parents From Go to Pro shows the way to excellence in tennis the sport for a lifetime With sections on technique organizing practices handling the rigors and pressures of competition and practice developing a competition schedule and parenting From Go to Pro guides in all aspects of mastering tennis

**The ISSP Manual of Sports Psychiatry** Ira D. Glick, Stull Todd, Danielle Kamis, 2018-01-19

The ISSP Manual of Sports Psychiatry is the first text describing the role of a sports psychiatrist Covering both individual as well as team sports contact and non contact from childhood through late adulthood the manual describes the role of sports in our culture and details the psychiatric interventions associated with players and their teams The editors take a broad focus covering topics from neuroscience psychiatric and psychological aspects performance enhancement team chemistry and dynamics organizational issues to working with medical orthopedic surgical and neurologic colleagues to provide comprehensive prevention and treatment to enhance well being and performance This text will be invaluable to medical and psychiatric physicians psychologists and other mental health professionals as well as athletes trainers leagues and their commissioners sports writers and even fans anxious to understand what is going on with their teams

*Tennis and*

*Philosophy* David Baggett, 2021-05-11 Tennis smashed onto the worldwide athletic scene soon after its modern rules and equipment were introduced in nineteenth century England Exciting competitive and uniquely accessible to people of all ages and talent levels tennis continues to enjoy popularity both as a recreational activity and a spectator sport Life imitates sport in *Tennis and Philosophy* Editor David Baggett approaches tennis not only as a game but also as a surprisingly rich resource for philosophical analysis He assembles a team of champion scholars including David Foster Wallace Robert R Clewis David Detmer Mark Huston Tommy Valentini Neil Delaney and Kevin Kinghorn to consider numerous philosophical issues within the sport Profiles of tennis greats such as John McEnroe Roger Federer the Williams sisters and Arthur Ashe are paired with pertinent topics from the ethics of rage to the role of rivalry Whether entertaining metaphysical arguments or examining the

nature of beauty these essays promise insightful discussion of one of the world's most popular sports      Historical Dictionary of Tennis John Grasso, 2011-08-22 The sport of tennis has been played in one form or another for more than 800 years It can trace its roots to games played by monks in the 12th century Through the years the game has evolved from one in which the ball was struck with the hands to the modern game in which rackets are used to propel the ball in excess of 150 miles per hour From the sport of the elite to the sport played by elite athletes tennis has grown immensely in the past 135 years and it remains one of the few sporting pastimes that is played extensively by people of all ages and all nationalities The Historical Dictionary of Tennis presents a comprehensive history of the game through a chronology an introductory essay a bibliography photos and over 500 cross referenced dictionary entries on places teams terminology and people including Arthur Ashe Björn Borg Don Budge Chris Evert Roger Federer Billie Jean King Rod Laver Suzanne Lenglen John McEnroe Rafael Nadal Martina Navratilova and Bill Tilden Appendixes of the members of the International Tennis Hall of Fame the Major Championships of Tennis and the Olympic games are included This book is an excellent access point for students researchers and anyone wanting to know more about tennis      Winning Francesco Duina, 2013-08-25 Why winning doesn't always lead to happiness Most of us are taught from a young age to be winners and avoid being losers But what does it mean to win or lose And why do we care so much Does winning make us happy Winning undertakes an unprecedented investigation of winning and losing in American society what we are really after as we struggle to win our collective beliefs about winners and losers and much more Francesco Duina argues that victory and loss are not endpoints or final destinations but gateways to something of immense importance to us the affirmation of our place in the world But Duina also shows that competition is unlikely to provide us with the answers we need Winning and losing are artificial and logically flawed concepts that put us at odds with the world around us and ultimately ourselves Duina explores the social and psychological effects of the language of competition in American culture Primarily concerned with our shared obsessions about winning and losing Winning proposes a new mind set for how we can pursue our dreams and in a more satisfying way find our proper place in the world      **Quit Losing to Hackers, Pushers & Dinkers** CARLOS CAMPOS, 2015-01-10 Like Many Lovers Of Tennis I Didn't Start Playing The Great Game Of Tennis Until I Was An Adult I Quickly Started Playing Local Tennis Tournaments Leagues As It Was The Best Way For a New Player To Get Matches Despite My Lack Of Experience And Lack Of Proper Technique I Was Somehow Managing To Find a Way To Win Most Of My Matches Against Better Tennis Players Some With Better Technique Some With More Athletic Ability Some With Simply More Experience I Was Enjoying The Thrill of Victory But I Quickly Started Consistently Getting Called A Hacker Pusher Dinker At First I Didn't Know What Those Terms Meant But I Could Tell That It Was Not Complimentary Instead Of My Opponents Congratulating Me On My Victories I Was Getting Hostile Negative Vibes Comments From Many Of My Defeated Victims At First I Thought They Were Simply Sore Losers Unwilling To Accept The Agony Of Defeat Or Mad Because They Had Lost To A Weaker Tennis Player That They Felt They Should Have Crushed Many

Of My Victims Took Away Some Of My Joy Of Tennis As They Made Me Feel Like A Criminal An Outcast A 2nd Class Citizen Or Illegal Alien I Was Confused And Could Not Understand What I Had Done Wrong As I Had Worked Very Hard For My Much Deserved Victories I Had Fought As If My Life Depended On Me Needing To Win Every Point I Then Started To Realize That Most Of My Victims Didn't Like The Way In Which I Had Achieved My Victories As They Didn't Appreciate My Playing Style Lack Of Proper Form They Didn't Consider It Real Tennis After Over 40 Years Of Playing Tournaments Leagues I Can't Tell You How Many Times I've Been Called A XXX Hacker Pusher Dinker I Finally Had To Accept The Fact That I Was A Dreaded Disliked Hacker Pusher Dinker I Soon Learned That I Was Not The Lone Ranger As There Are Hackers Pushers Dinkers Like Me All Over The World Whose Similar Style Of Play Is Held In Contempt And Not Respected We're Often Called Dogs I Mean Retrievers Or Backboards As We Don't Like Making Errors Which Makes Us Very Consistent This Makes Our Opponents Have To Work Very Hard To Get a Point Off One Of Us They Don't Like That As They Prefer To Win A Point The Easy Way Or The More Pleasurable Way And That's By Hitting A Winner Or A Great Shot They Didn't Seem to Accept The Fact That I Get As Much Credit From Them Making an Error As They Get For Hitting A Winner Or Great Shot They Also Don't Like The Fact That We Often Hit With No Pace Which Seems to Annoy Normal Tennis Players I Finally Got Tired Of The Verbal Abuse Disrespectful Way In Which Many Of My Victims Were Treating Me So I Decided To Take Pride In My So Called Abnormal Ugly Style Of Play And To Call Myself The Hacker Pusher Dinker From Hell I Put That Name On My Tennis Shirt As I Wanted My Opponents To Know Up Front That They Were About To Play Their Worst Nightmare It Turned Out To Be A Psychological Advantage For Me As It Made Many Of My Opponents Uptight Apprehensive Unable To Play Their Best Tennis Quoting Frank Sinatra's Hit Song They Had To Play My Way It Also Made Me Understand Why There Are Upsets In Every Level Of Tennis Because It Proved That Tennis Is Not Just A Technical Or Physical Game But That Tennis Is Also A Psychological Emotional Intellectual Chest Match That Is Often Won By The Mentally Tougher Smarter More Intelligent Tennis Player And Not Always By The Technically Better Or Physically Stronger Tennis Player That Excuse Used To Amuse Annoy Me But It Finally Motivated Me To Write A Book Which Enables Me To Share With My Fellow Lovers Of Tennis My Real Life On The Court Educational Entertaining Humorous Motivational Experiences Winning Psychological Techniques Strategies That Have Worked For Me And That I Know Will Work For Tennis Players Of Any Age Or Any Playing Levels Despite Any Technical Flaws They Have With their Strokes My Book Is Easy To Read And Explains In Detail How Why I Have Been Able To Consistently Beat Countless Better Tennis Players With My Brain My Book Contains The Following 25 Chapters Wherein It Thoroughly Covers All The Possible Emotional Psychological Factors And Characteristics That Can Cause A Tennis Player To Win Or Lose A Match The 25 Chapters CHAPTER 1 WHAT IS A HACKER PUSHER OR DINKER CHAPTER 2 DESIRE TO WIN CHAPTER 3 PHYSICAL CONDITIONING CHAPTER 4 MENTAL TOUGHNESS CHAPTER 5 ATTITUDE EXCUSES CHAPTER 6 RESPECT YOUR OPPONENT CHAPTER 7 THE CHAMELEON CHAPTER 8 KEYS TO IMPROVEMENT

CHAPTER 9 ANTICIPATION CHAPTER 10 PATIENCE CHAPTER 11 INTIMIDATION CHAPTER 12 PREPARATION CHAPTER 13 THEORY VERSUS EXECUTION CHAPTER 14 PLAYING SMART TENNIS CHAPTER 15 HITTING WITH A PURPOSE CHAPTER 16 CONTROL THE RALLY CHAPTER 17 SELF ANALYSIS CHAPTER 18 I M NOT FROM MISSOURI BUT SHOW ME CHAPTER 19 TENDENCIES CHAPTER 20 LEARNING TO LOSE CHAPTER 21 CHEATING AND HOOKING CHAPTER 22 THE TURTLE BEAT THE HARE CHAPTER 23 EQUIPMENT ATTIRE CHAPTER 24 TENNIS LESSONS CHAPTER 25 CLOSING COMMENTS My Book Also Contains 60 Great Carefully Selected Motivational Inspirational Quotes I Give You A Comprehensive Detailed Analysis Of Every Single Quote Wherein I Explain Why You Need To Understand And Utilize The Wisdom Humor And Applicability Of These Useful Relevant Great Quotes The Bottom Line Is That My Book Will Teach You How To Quit Losing To Weaker Tennis Players Especially To Hackers Pushers Dinkers And How To Also Substantially Increase Your Chances Of Beating Technically Better And Or Physically Stronger Tennis Players With Your Brains See You At The Baseline In The Finals I Hope Carlos Campos The Hacker Pusher Dinker From Hell     Judgment, Decision-making and Success in Sport Michael Bar-Eli,Henning Plessner,Markus Raab,2011-08-26 Judgment Decision Making and Success in Sport presents a thorough overview and assessment of the study of Judgment and Decision Making JDM in sports psychology and represents an important source of information for those interested in the possible causes and reasons for success and failure in sport The only book to apply the principles of JDM to sport Applies theory to practice by looking at problems of athletes coaches and referees and providing recommendations for dealing with them Offers an overview of current JDM research Useful for psychologists physical education teachers sports scientists and researchers in this field     **Sports Competitions for Adults Over 40** Thomas A. Jones,2009-06-08 A healthy lifestyle is a popular way to deal with aging but the serious fun and games don t have to end once middle age sets in This guidebook is aimed at men and women over 40 or 50 or 60 or 70 who seek the challenge of athletic competition The book focuses on those sports requiring significant physical exertion and includes team sports such as soccer softball and basketball and individual sports such as skiing tennis and swimming Chapters on each sport identify the national sponsoring organization and regional affiliates describe the types of competition available and give a breakdown of the competitors by age and gender A How to Get Started section describes basic skills needed for each sport equipment required to compete opportunities for coaching and suggested books and videos for beginners The book also features a list of the 2007 or 2008 national champions in each sport     **Stress and Well-Being at the Strategic Level** Peter D. Harms,Chu-Hsiang (Daisy) Chang,2023-11-22 Highlighting how both leader and follower stress and well being can serve as antecedents and consequences of strategic actions and initiatives or even be a core concern of strategic plans this volume spotlights the importance of stress and well being for organizations their leaders and the individuals who are impacted by their decisions     **More than Cricket and Football** Joel Nathan Rosen,Maureen M. Smith,2016-12-02 Contributions by Lisa Doris Alexander Sean Bell Benn L Bongang Joel S Franks Silvana Vilodre Goellner

Annette R Hofmann Dong Jinxia Cludia Samuel Kessler Jack Lule Li Luyang Mark Panek Roberta J Park Gamage Harsha Perera Joel Nathan Rosen Viral Shah Maureen M Smith Nancy E Spencer Dominic Standish Tim B Swartz Dan Travis Theresa Walton Fisette and Zhong Yijing Given the presumed dominance of American sport many fans throughout the hemisphere find it difficult to envision the role of sport beyond the confines of their own continent And yet world sport consists of so much more than the games Americans play and so much more than the stereotype of cricket for the elite and football for the working class As worldwide sport continues to gain in popularity we also see parallels to many aspects visible in North American sport particularly celebrity and all its trappings and pitfalls The success of athletes from other countries in basketball and ice hockey and the proliferation of stars imported and now exported to and from North America provides some better examples of sport s international power It also creates a very new kind of sport celebrity albeit one that often shows a rather limited reach beyond that star s own country or continent Thus rather than focusing on the Western Hemisphere this collection of some of world sport s most heralded celebrities including stars of Motocross surfing distance running and more serves as a sort of passport to many places that make up our global sporting environment

**Pure Sport** John Kremer,Aidan P. Moran,2008 In explaining in everyday language the whys and wherefores of contemporary sport psychology this work pinpoints what works and what doesn t when it comes to performance enhancement It explores the myths and realities of sport psychology and includes topics of practical concern to those involved in sport at all levels

**Female Olympian and Paralympian Events** Linda K. Fuller,2018-10-04 Female Olympian and Paralympian Events is a groundbreaking book that examines women s sports in the Olympic and Paralympic Games which have long been underappreciated and under analyzed The book begins with a brief background on women s participation in the Olympic Games and their role relative to the International Olympic Committee then introduces the underlying Gendered Critical Discourse Analysis theory used throughout the book s analysis before delving into a literature review of female Olympians and Paralympians events It includes a listing of noteworthy firsts in the field followed by individual discussions of twenty eight Summer and seven Winter events analyzed according to their historical rhetorical and popular cultural representations Women s unique role s in the various events are discussed particular athletes and Paralympic events are highlighted and original tables are also included At the end of each section affiliated organizations and resources are included in this invaluable referential volume

**How to Change** Katy Milkman,2021-05-04 Wall Street Journal bestseller A welcome revelation The Financial Times Award winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change In this ground breaking book Milkman reveals a proven path that can take you from where you are to where you want to be with a foreword from psychologist Angela Duckworth the best selling author of Grit Change comes most readily when you understand what s standing between you and success and tailor your solution to that roadblock If you want to work out more but find exercise difficult and boring downloading a goal setting app probably won t help But what if instead you



transformed your workouts so they became a source of pleasure instead of a chore Turning an uphill battle into a downhill one is the key to success Drawing on Milkman's original research and the work of her world renowned scientific collaborators How to Change shares strategic methods for identifying and overcoming common barriers to change such as impulsivity procrastination and forgetfulness Through case studies and engaging stories you'll learn Why timing can be everything when it comes to making a change How to turn temptation and inertia into assets That giving advice even if it's about something you're struggling with can help you achieve more Whether you're a manager coach or teacher aiming to help others change for the better or are struggling to kick start change yourself How to Change offers an invaluable science based blueprint for achieving your goals once and for all

*Strategic* Rich Horwath, 2023-10-30 Master the four disciplines of strategic fitness essential to executive performance In *Strategic* New York Times and Wall Street Journal bestselling author Rich Horwath delivers an incisive roadmap to help leaders at all levels think plan and act strategically to navigate every business challenge they face The book offers business leaders a proven framework the Strategic Fitness System containing dozens of tools techniques and checklists to confidently master every area of the business from designing market winning strategies to shaping the organization's culture The practical content will help executives in any industry improve what research has shown to be the most important leadership factor to an organization's future success strategic competence and use this skill to transform complexity to clarity in charting their strategic direction The book features A common language for strategy and business planning Practical tools for developing the four dimensions of executive fitness key to advancing the company's growth strategy leadership organization and communication Techniques for designing enduring competitive advantage and frameworks for creating innovative new value for customers Methods for evolving the business model to transform the trajectory of the business The Strategic Quotient SQ a validated assessment of an executive's strategic thinking planning and execution With practical tools and dozens of real world examples readers of *Strategic* will immediately be able to set direction create advantage and achieve executive excellence Be more than tactical be Strategic

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