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Winning Ugly: Mental Warfare in Tennis--Lessons from a Master

Brad Gilbert, Steve Jamison

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The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents.

A former Olympic medalist and now one of ESPN's most respected analysts, Brad Gilbert shares his timeless tricks and tips, including "some real gems" *(Tennis* magazine) to help both recreational and professional players improve their game.

In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis.

Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

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