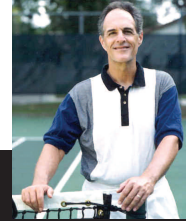




“ The techniques that you will learn here, in your TennisMind Software, especially in combination with good physical practice habits, will increase your confidence, improve your mental attitude and help you play your best tennis under any circumstances. ”

Dr. Robert Heller



TennisMind Volume 1: Sessions:

- Self-Talk & Peak Performance
- Creating Positive Mental Attitudes (PMA)
- The Power of Goal Setting
- Visualization Skills for Success
- Relaxation & Emotional Regulation
- Coping With Choking
- Managing Mistakes
- Developing Unwavering Confidence
- Controlling Anger & Frustration
- Maintaining Concentration & Focus

Is negative self-talk keeping you from performing at your best?

Are you recovering quickly from unforced errors to win the next point?

How good are you at maintaining your concentration and focus throughout the match?

Dr. Robert Heller's TennisMind Software "Mental Toughness" will help you to master these and many other mental and emotional issues related to the game of tennis.

90% of our mind's power is housed in the subconscious mind and is responsible for our behaviors, habits, and performance. That 90% can work for you or against you.

Dr. Robert Heller's TennisMind Software will make sure that the 90% is working FOR you!

TennisMind Software's concise 7-minute mental training sessions are easy and enjoyable to use. All you have to do is pop the CD into your computer's CD-drive and let the Software do the rest. The only click

you'll have to make is choosing the mental training session you'd like to run. Then sit back and relax. Look, listen and follow the training. That's it!

If you can commit yourself to sitting for a 7-minute mental training session, just a few times a week, you will notice your mental tennis game getting stronger and stronger. You will be more disciplined and focused and you'll be playing your best tennis ever!

The more you train, the stronger your mental tennis skills will become.



Dr. Robert Heller's

