



“As a sports psychology consultant and tennis teaching professional, I have had the opportunity to work with tennis athletes ranging from beginners all the way up to touring pros. The ideas discussed here, in your TennisMind Software, are the same ones that work for the best athletes in the world.”

Dr. Robert Heller



TennisMind Volume 2 Sessions:

- Overcoming Gamesmanship
- Pre-Match Mental Preparation
- Playing in The Zone
- Closing Out Matches
- Performing Under Pressure
- Effective Rituals
- Communicating in Doubles
- Coming Back From Behind
- Eliminating Unwanted Thoughts
- Dealing With Difficult People & Situations

Does pressure bring out your best tennis... or your worst?

If you fall behind in a match, are you able to come back to win?

Do you consistently close out matches when you're ahead?

Dr. Robert Heller's TennisMind Software "Mental Skills for Match Play" will help you to master these and many other mental and emotional issues related to match play.

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.



subconscious
training
corporation

Dr. Robert Heller's

