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This review is from: Tournament Tough

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5.0 out of 5 stars

Excellent book for Juniors and adults or ANYONE who needs to learn how to win.

By [Jon Paul Javellana](#) –

I first bought this book in the 80s when I played junior tennis in Northern California. I was struggling to move up in the Varsity ladder in my high school when I realized I needed to understand the psychology and mental aspect of competition performance. In other words: "Why is it I can hit the ball like a pro in practice but on game day, I just dink the ball back and choke?" This book uncovers the unique psychology of human tendencies and how to manage them for successful results.

After reading this book, I reached the No.1 singles spot on our varsity team, all conference, varsity MVP and have enjoyed decades of successful results in my game. Applying the principles in this book as a foundation, I went on to utilize the framework of mental toughness for other sports, business, relationships etc. Now that I have children, the need to instill the sense of mental toughness is paramount as they progress on their travails in school, sport and other endeavors. I can now teach them how to win. I am certainly not saying they will win every time. The essence is that the concepts when applied properly, will allow anyone to MAXIMIZE their talents through proper decision making (when to press the advantage, when to sustain/neutral, when to back down) and optimal execution of their game plan.

It is an enjoyable book. A very easy read while delivering profound content and usable concepts you can apply and practice immediately.

Sorry for the lengthy editorial. This book is sentimental for me as it marked a turning point of sorts in my life as a young player and teenager. Inside the cover of my book, I had written the score of one of my most memorable tennis matches in high school. It was a 3 set match which I won the tiebreaker 7-5. It was kids' version Lendl vs. McEnroe. I was the serve and volleyer that didn't have confidence in my groundies versus the big forehand guy. Go big or go home so I came to the net until he folded. Buy this book. It works. I know... :)