



Zen Tennis: Playing in the Zone

Dr. Joseph Parent, Bill Scanlon

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From Dr. Joe Parent, the best-selling author of ZEN GOLF: Mastering the Mental Game and Bill Scanlon, tennis champion and world record holder of the Golden Set, comes the most innovative and powerful book since The Inner Game of Tennis. Combining deep Eastern wisdom and practical tennis expertise, ZEN TENNIS will help you get out of your own way and into the Zone.

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