



## ZEN AND THE ART OF PLAYING TENNIS

di Agam Bernardini

Zen and the Art of Playing tennis is one of the first book that have analyzed the mental and psychological aspect of the game of tennis. The purpose of the book is to fill the great vacuum still existing about the mental and psychological side of the game of tennis; even today, when almost everybody is recognizing it's importance, very few people know what to do to solve the problem. This book it's of great help, for the tennis players of all levels, to understand why the mind and the emotions are interfering so much with our natural capacities to play tennis and explain how to neutralize these negative influences and how to play our best tennis, even under pressure and in the most difficult situations. It proposes also all the techniques and exercises to help to improve the mental and psychological side of the game of tennis, that until now has so negatively influenced our performances and prevented us from expressing totally and freely our thecnicaland physical abilities. Zen and the Art of Playing Tennis was first published in Italy where has been selling over 20.000 copies and it's still selling and it's appreciated by many tennis players and tennis teachers and coaches.

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### L'AUTORE

Agam Bernardini was born in Milan the 26 of September 1944 and graduated in Italian Literature at the University of Rome. He was a very talented tennis player and many experts where sure that he would reach to the top. However, his undeniable technical and physical talents where not enough to carry him to the top of the world ranking, because mentally and psychologically he had many problems, especially in the competition and under the pressure when playing very important matches. At that time he concluded that he did not have the right "character" to become a professional tennis player and express all his talents. So he started to teach tennis in Italy, Spain, Germany, in the USA (where he became a certified tennis coach with the USPTA), in India and Dominican Republic. In 1979, he went to India, where he got the idea to apply to tennis the techniques of relaxation, centering and attention that he was learning and practicing to improve the quality of his life. He started to teach tennis with this new approach, in India and in Europe, in individual and group lessons, with great success and finally he decided to write the book Zen and the Art of Playing Tennis to make available to everybody the techniques and the exercises to improve the mental and psychological side of the game of tennis. Agam Bernardini is now teaching tennis with this new approach that he call "Zennis" and gives conferences and workshops in Italy and Europe.