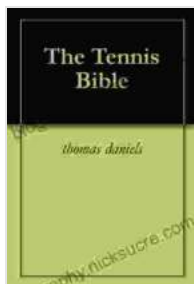


# The Tennis Bible by Janna Levin: A Comprehensive Guide to the Sport



## The Tennis Bible by Janna Levin

★★★★☆ 4.4 out of 5

Language : English

File size : 79 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

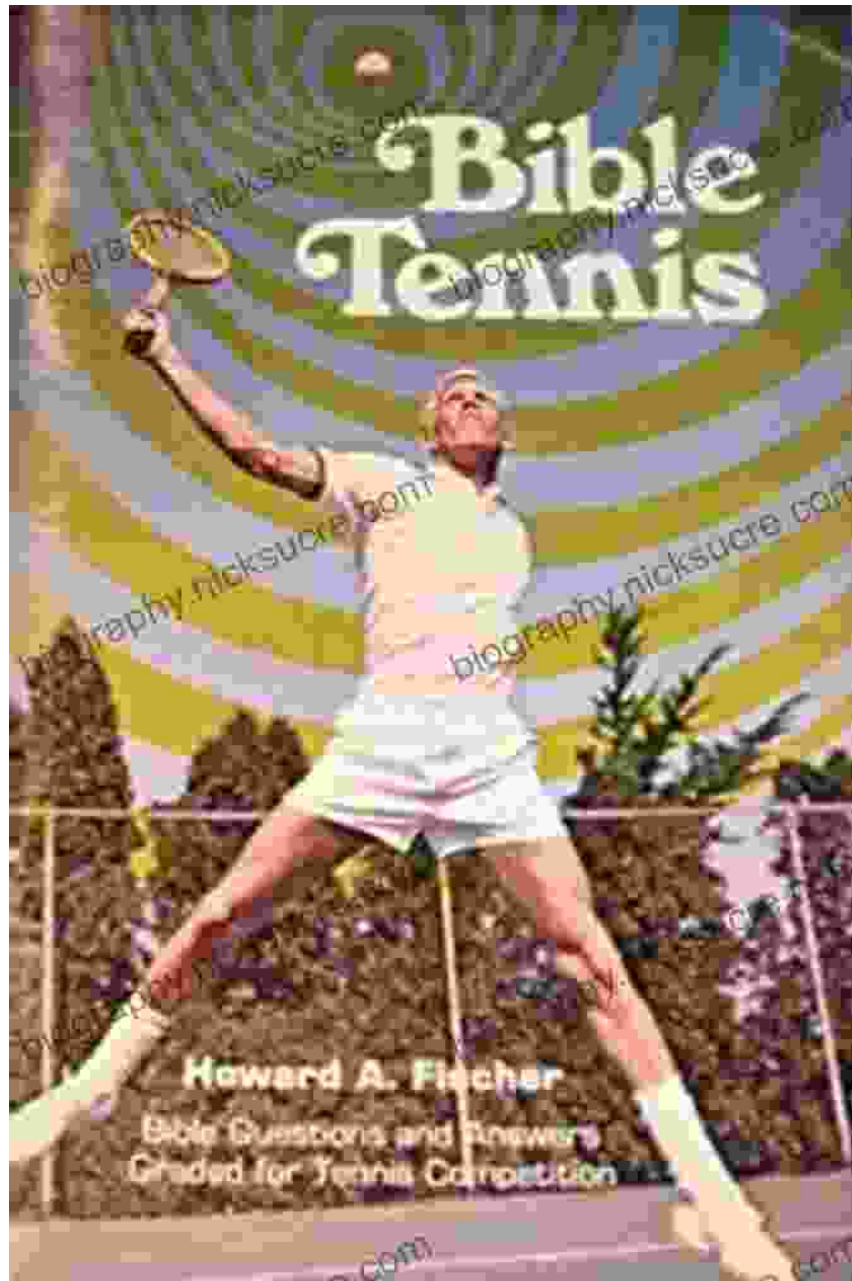
Print length : 3 pages

Lending : Enabled

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The Tennis Bible by Janna Levin is a comprehensive guide to the sport, covering everything from basic techniques to advanced strategies. Written by a former professional tennis player and coach, the book provides readers with a wealth of knowledge and advice on how to improve their game.

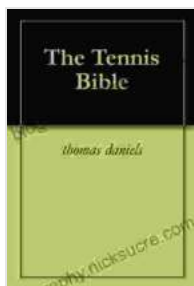
## **Key Features**

- **Detailed descriptions of strokes:** Levin provides step-by-step instructions on how to hit every stroke in the game, including forehands, backhands, volleys, and serves.
- **Drills to improve technique:** The book includes a variety of drills that can be used to improve your technique and consistency.
- **Match play tactics:** Levin offers advice on how to develop winning strategies for singles and doubles matches.
- **Mental game:** The book also covers the mental aspects of tennis, including how to stay focused and motivated during competition.

## **Benefits of Reading The Tennis Bible**

- **Improve your technique:** The detailed descriptions of strokes and drills in The Tennis Bible can help you improve your technique and consistency.
- **Develop winning strategies:** Levin's advice on match play tactics can help you develop winning strategies for both singles and doubles matches.
- **Learn from a former professional:** The Tennis Bible is written by a former professional tennis player and coach, so you can be sure that you're getting sound advice from someone who knows the game inside and out.
- **Improve your mental game:** The book's coverage of the mental aspects of tennis can help you stay focused and motivated during competition.

The Tennis Bible by Janna Levin is a comprehensive guide to the sport that can help you improve your game at any level. Whether you're a beginner just starting out or a seasoned player looking to take your game to the next level, this book has something to offer you.



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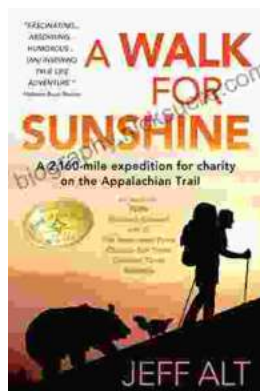
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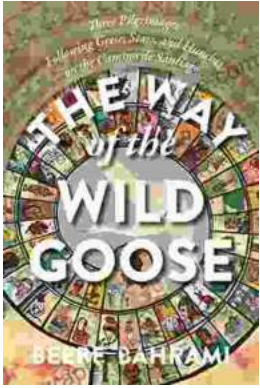
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