



Mental strength! : with Jan-Ove Waldner's tips for peak performance

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Gregor Schill, Malin Pettersson

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TABLE TENNIS IS A PSYCHOLOGICAL SPORT. Anyone who has ever played a game of ping-pong knows this.

The purpose of this book is to provide the reader with theoretical knowledge and tangible tools in order to become a winner in the mental game. Although the examples are primarily taken from the game of table tennis, the Mental Training itself can be applied to all sports and all kinds of performances.

The authors have chosen to use a champion's thoughts and ideas as their starting point. You will be given legendary World Champion and Olympic gold medalist Jan-Ove Waldner's best advice when it comes to mental strength, which key factors you should focus on, and how to practice and apply them.

Learn how to Perform in the Storm!

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