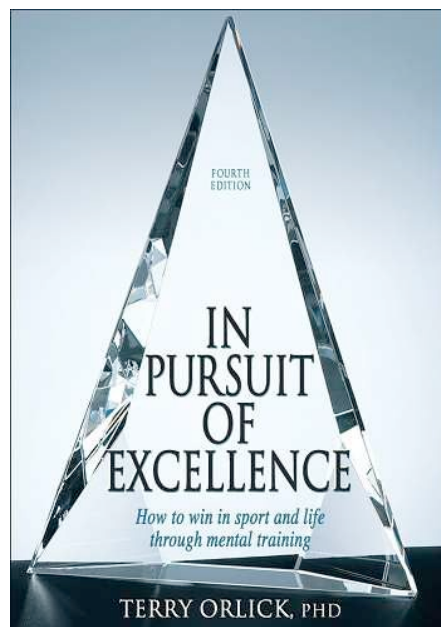


BOOK OF THE MONTH

‘**In Pursuit of Excellence**’ by Terry Orlick is the most comprehensive book on the mental side of sports which I have ever read. Orlick, the author of at least 20 other books, is a world-renowned leader in the applied field of sports psychology. He has worked as a high performance coach for over 35 years in more than 30 sports.

The book, which has been brought bang up to date with a new edition for 2008, includes chapters on vital subjects related to tennis, such as ‘Intensity and Relaxation’, ‘Distraction Control’, and ‘Positive Images’. If you have ever doubted the supreme importance of mental skills in tennis, or indeed in other sports, this book will not only convince you otherwise, but also show you how to go about assisting your players to be mentally prepared for every challenge.



“What separates great coaches from the rest are people skills. Outstanding coaches are masters at communicating and building respectful, trusting relationships.”



‘In Pursuit of Excellence’ is available at €17.99 from HUMAN KINETICS. You can link to the Human Kinetics site directly from our home page at www.tica.ie.

Don't forget! TICA members receive a 15% discount on all Human Kinetics products. Call the order hotline on +44 (0) 113 255 5665, and quote your member code.