



# Tennis and Life: 30 Winning Lessons for the Two Greatest Games

*Richard Eyre*

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Games are made up of structured but unpredictable situations, with rules and variables and competition, and they produce wins and losses. This description fits life at least as well as it fits tennis. Even the terminology of tennis matches many of the most pivotal and defining words of life: *love, faults, serve, receive, winners, challenges, holds*.

*New York Times* #1 bestselling author and tennis champion Richard Eyre shares thirty principles that will help you enjoy both games more—and play both games better. Since both are largely psychological exercises, our success (and our happiness) in both the game of life and the game of tennis depends greatly on our attitude, and *Tennis and Life* teaches readers how to alter our attitudes and thus improve our performance in both games.

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