CONTENTS

	Foreword by Dominik Klein	8
G	etting warmed up	10
	On the way to center court—the authors start with an exchange of ideas	10
1	Starting the match	16
	First serve: mastering the start	18
	Getting into the match	
	Teaching anxiety to be afraid	
	Creating one's own vibe	46
	Preparing for the unexpected	57
	Getting to know the opponent	
	Summary	71
2	The match picks up pace	72
	Break and rebreak: being in the flow	74
	Understanding the match	
	The power of motivation	85
	Goals propel us	
	A thousand hours of diligence	111
	The enjoyment factor	116
	Summary	127
3	Overcoming a point deficit	128
	Lost set: turning crises into opportunities	130
	Overcoming adversity	133
	Absorbing pressure	143
	Processing errors and failure	
	Constructive mind games	
	Self-talk	
	Believing in yourself	177
	Summary	183

4 Scoring the big points	184
Match point: being ready at the critical moment	186
Once and never again	186
Maintaining routines and rituals	192
Summary	205
5 Personal development	206
Game, set, match: Designing careers	208
Promising success	208
Searching for meaning and finding your identity	217
Handling mental and physical injuries	
Safeguarding the quality of a career	240
Summary	252
Match analysis	255
On the way to the locker room—	
the authors' closing conversation	255
References	256
Index	264