



Noble Tennis: The Wisdom of Sport

Tony Roth



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Noble Tennis: The Wisdom of Sport is a revolutionary book of sport philosophy and psychology. It is at the leading edge as sport emerges from controversy, drugs and violence, to take its place as a significant contributor to human development and culture. Tony's new "Qualitative Approach" puts an end to the mechanical methods which have proven themselves to be de-humanizing, ineffective and boring. This fragmentary approach is now being replaced by a truly holistic understanding and method. Through enthusiasm, serenity, patience, concentration and fearlessness we solve the riddle of "The Zone" and make a positive contribution to human culture and athletic brilliance.

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