
Federer And Me

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<i>Federer And Me</i>	<i>2022-06-29</i>
LANG SHERMAN	

The Inner Game of Tennis Simon and Schuster

In his memoir, written with award-winning journalist John Carlin, tennis star Rafael Nadal reveals the secrets of his game and shares the inspiring personal story behind his success. What makes a champion? What does it take to be the best in the world at your sport? Rafael Nadal has the answers. It begins in Mallorca, where the tight-knit Nadal family has lived for generations. Coached by his uncle Toni from the age of four and taught humility and respect by his parents, Nadal has managed the uncommon feat of becoming an acclaimed global celebrity while remaining a gracious, hardworking role model for people in all walks of life. Now he takes us behind the scenes, from winning the Wimbledon 2008 final -- described by John McEnroe as "the greatest game of tennis" he had ever seen -- to the family problems that brought him low in 2009 and the numerous injuries that have threatened his career. With candor and intelligence, Nadal brings readers on his dramatic and triumphant journey, never losing sight of the prize he values above all others: the unity and love of his family. From RAFA:"During a match, you are in a permanent battle to fight back your everyday vulnerabilities, bottle up your human feelings. The more bottled up they are, the greater your chances of winning, so long as you've trained as hard as you play and the gap in talent is not too wide between you and your rival. The gap in talent with Federer existed, but it was not impossibly wide. It was narrow enough, even on his favorite surface in the tournament he played best, for me to know that if I silenced the doubts and fears, and exaggerated hopes, inside my head better than he did, I could beat him. You have to cage yourself in protective armor, turn yourself into a bloodless warrior. It's a kind of self-hypnosis, a game you play, with deadly seriousness, to disguise your own weaknesses from yourself, as well as from your rival."

Federer Farrar, Straus and Giroux

This account of a tennis match played by Arthur Ashe against Clark Graebner at Forest Hills in 1968 begins with the ball rising into the air for the initial serve and ends with the final point. McPhee provides a brilliant, stroke-by-stroke description while examining the backgrounds and attitudes which have molded the players' games.

Roger Federer New Chapter Press

"I'd like to be in his shoes for one day to know what it feels like to play that way."---Mats Wilander -Book Jacket.

The Master Hachette UK

Regarded by many as the greatest tennis player in the history of the sport, this authoritative biography is based on many exclusive interviews with Federer and his family as well as the author's experience covering the international tennis circuit for many years. Completely comprehensive, it provides an informed account of the Swiss tennis star from his early days as a temperamental player on the junior circuit, through his early professional career, to his winning major tennis tournaments, including the U.S. Open and Wimbledon. Readers will appreciate the anecdotes about his early years, revel in the insider's view of the professional tennis circuit, and be inspired by this champion's rise to the top of his game.

Strokes of Genius Farrar, Straus and Giroux

This book deals with Roger Federer's rise to no. 1 again after a stirring win at Wimbledon.

The Roger Federer Story Createspace Independent Publishing Platform

Roger Federer could live anywhere in the world, but he always returns to the place he loves most: Switzerland. Dave Seminara is a mad traveler and tennis lifer who has written about Federer for The New York Times and other publications. A pair of autoimmune diseases and a knee surgery kept Dave from playing tennis for years, but as he inched toward recovery, he had a bright idea: why not start his tennis comeback on hallowed ground—courts that his hero Roger Federer graced in Switzerland. Footsteps of Federer is a funny, novella-length account of Seminara’s travels across seven Swiss cantons in search of insights into Federer’s character, which is inextricably linked to

his deep roots in, and love for, his country. Seminara timed his unique pilgrimage to the 2019 Swiss Indoors, where he had a chance to ask Roger a number of offbeat questions before and after Federer hoisted his record tenth title there. Seminara’s Federer pilgrimage took him to Switzerland’s most important abbey, where he prayed with Abbot Urban Federer; to the vineyard of Jakob Federer from Berneck, where the Federer clan originated from; to the stunning villa where Roger and Mirka were married; and to many of the neighborhoods and tennis clubs where Roger has lived and trained at over the years.

Footsteps of Federer Xlibris Corporation

One of Esquire's best books of spring 2022 An extended meditation on late style and last works from "one of our greatest living critics" (Kathryn Schulz, New York). When artists and athletes age, what happens to their work? Does it ripen or rot? Achieve a new serenity or succumb to an escalating torment? As our bodies decay, how do we keep on? In this beguiling meditation, Geoff Dyer sets his own encounter with late middle age against the last days and last works of writers, painters, footballers, musicians, and tennis stars who’ve mattered to him throughout his life. With a playful charm and penetrating intelligence, he recounts Friedrich Nietzsche’s breakdown in Turin, Bob Dylan’s reinventions of old songs, J. M. W. Turner’s paintings of abstracted light, John Coltrane’s cosmic melodies, Bjorn Borg’s defeats, and Beethoven’s final quartets—and considers the intensifications and modifications of experience that come when an ending is within sight. Throughout, he stresses the accomplishments of uncouth geniuses who defied convention, and went on doing so even when their beautiful youths were over. Ranging from Burning Man and the Doors to the nineteenth-century Alps and back, Dyer’s book on last things is also a book about how to go on living with art and beauty—and on the entrancing effect and sudden illumination that an Art Pepper solo or Annie Dillard reflection can engender in even the most jaded and ironic sensibilities. Praised by Steve Martin for his “hilarious tics” and by Tom Bissell as “perhaps the most bafflingly great prose writer at work in the English language today,” Dyer has now blended criticism, memoir, and humorous banter of the most serious kind into something entirely new. The Last Days of Roger Federer is a summation of Dyer’s passions, and the perfect introduction to his sly and joyous work.

Roger Federer Blake Publishing

"An award-winning author shares the inspiring and entertaining account of his pursuit to become a nationally competitive tennis player--at the age of sixty. Being a man or a woman in your early sixties is different than it was a generation or two ago, at least for the more fortunate of us. We aren't old.

The Little Green Book of Tennis Kurz & Bundig

Novak Djokovic reveals the gluten-free diet and fitness plan that transformed his health and pushed him to the pinnacle. In 2011, Novak Djokovic had what sportswriters called the greatest single season ever by a professional tennis player: He won ten titles, three Grand Slams, and forty-three consecutive matches. Remarkably, less than two years earlier, this champion could barely complete a tournament. How did a player once plagued by aches, breathing difficulties, and injuries on the court suddenly become the #1 ranked tennis player in the world? The answer is astonishing: He changed what he ate. In *Serve to Win*, Djokovic recounts how he survived the bombing of Belgrade, Serbia, rising from a war-torn childhood to the top tier of his sport. While Djokovic loved and craved bread and pasta, and especially the pizza at his family’s restaurant, his body simply couldn’t process wheat. Eliminating gluten—the protein found in wheat—made him feel instantly better, lighter, clearer, and quicker. As he continued to research and refine his diet, his health issues disappeared, extra pounds dropped away, and his improved physical health and mental focus allowed him to achieve his two childhood dreams: to win Wimbledon, and to become the #1 ranked tennis player in the world. Now Djokovic has created a blueprint for remaking your body and your life in just fourteen days. With weekly menus, mindful eating tips for optimal digestion, and delicious, easy-to-prepare recipes, you’ll be well on your way to shedding extra weight and finding your way to a better you. Djokovic also offers tips for eliminating stress and

simple exercises to get you revved up and moving, the very same ones he does before each match. You don’t need to be a superstar athlete to start living and feeling better. With *Serve to Win*, a trimmer, stronger, healthier you is just two weeks away.

Pete Sampras: Greatness Revisited Simon and Schuster

A no-holds-barred, intimate memoir by John McEnroe—the bad boy of professional tennis. John McEnroe stunned the tennis elite when he came out of nowhere to make the Wimbledon semifinals at the age of eighteen—and just a few years later, he was ranked number one in the world. You Cannot Be Serious is McEnroe at his most personal, an intimate examination of Johnny Mac, the kid from Queens, and his “wild ride” through the world of professional tennis at a boom time when players were treated like rock stars. In this “bracing serve-and-volley autobiography” (The Boston Globe) he candidly explores the roots of his famous on-court explosions; his ambivalence toward the sport that made him famous; his adventures (and misadventures) on the road; his views of colleagues from Connors to Borg to Lendl; his opinions of contemporary tennis; his marriages to actress Tatum O’Neal and pop star Patty Smyth; and his roles as husband, father, senior tour player, and often-controversial commentator.

The Circuit Kings Road Publishing

Golf is a disease, not a game. Especially when you take the game up in your fifties, as I did. After a series of injuries stopped my recreational tennis play, and my retirement from a lifetime of coaching and teaching tennis, I tried golf. It didn't take long to realize it was not an easy endeavor. Someone said, "You can't learn anything from a golf book, but you have to read a lot of golf books to find that out!" I found the gurus of golf instruction: Ledbetter, Pelz, and Hogan, who was said to have written the book with the secret! I did find one that really attracted me but in a somewhat different way.

Roger Federer Amerisearch, Inc.

"Includes U.S. president's Christmas addresses."

You Cannot Be Serious Hachette UK

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-geniuses everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among *Grit*’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

Roger Federer Triumph Books

In this wildly entertaining and informative memoir reminiscent of Nick Hornby’s *Fever Pitch*—but set in the world of tennis—one man recounts his all-consuming obsession with Roger Federer and delves into the fascinating history of professional sports and fandom. For much of the past decade, William Skidelsky has had an obsessive devotion to Roger Federer, whom he considers to be the

greatest and most graceful tennis player of all time. In this mesmerizing memoir, Skidelsky ponders what it is about the Swiss star that transfixes him and countless others. Skidelsky dissects the wonders of Federer's forehand, reflects on his rivalry with Nadal, revels in his victories, and relives his most crushing defeats. But in charting his obsession, Skidelsky also weaves his own past into a captivating story that explores the evolution of modern tennis, the role of beauty in sports, and the psychology of fandom. Thought-provoking and beautifully written, *Federer and Me* is a frank, funny, and touching account of one fan's life.

Rod Laver Houghton Mifflin Harcourt

The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents. A former Olympic medalist and now one of ESPN's most respected analysts, Brad Gilbert shares his timeless tricks and tips, including "some real gems" (Tennis magazine) to help both recreational and professional players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

Grit Amerisearch, Inc.

A collection of 16 thematically arranged pieces presenting the author's 20-year-long observations, interviews on and insights into the life, career and professional achievements of Swiss-born tennis player Roger Federer.

Roger Federer Crown

Roger Federer is an icon. One of the greatest tennis players of all time, he is also one of the most highly regarded and best-loved figures in the sporting world. Veteran tennis writer René Stauffer has been closely covering Federer's career for nearly twenty-five years. In this comprehensive biography, Stauffer talks at length to the man himself as well as family, friends, coaches and rivals to paint an unrivalled picture of this extraordinary athlete, family man, philanthropist, businessman and sporting ambassador. From Federer's early life in Basel, Switzerland, where he first picked up a tennis racquet, to the heights of his twentieth Grand Slam victory and all points in between, Stauffer explores the secrets of Federer's success, the hardships and doubts that he has faced and

examines Federer's legacy in the modern game. Insightful, touching and revealing, this is the most definitive biography on Roger Federer ever written.

Roger Federer John Blake

The timeless guide to achieving the state of "relaxed concentration" that's not only the key to peak performance in tennis but the secret to success in life itself—part of the bestselling Inner Game series, with more than one million copies sold! "Groundbreaking . . . the best guide to getting out of your own way . . . Its profound advice applies to many other parts of life."—Bill Gates, *GatesNotes* ("Five of My All-Time Favorite Books") This phenomenally successful guide to mastering the game from the inside out has become a touchstone for hundreds of thousands of people. Billie Jean King has called the book her tennis bible; Al Gore has used it to focus his campaign staff; and Itzhak Perlman has recommended it to young violinists. Based on W. Timothy Gallwey's profound realization that the key to success doesn't lie in holding the racket just right, or positioning the feet perfectly, but rather in keeping the mind uncluttered, this transformative book gives you the tools to unlock the potential that you've possessed all along. "The Inner Game" is the one played within the mind of the player, against the hurdles of self-doubt, nervousness, and lapses in concentration. Gallwey shows us how to overcome these obstacles by trusting the intuitive wisdom of our bodies and achieving a state of "relaxed concentration." With chapters devoted to trusting the self and changing habits, it is no surprise then, that Gallwey's method has had an impact far beyond the confines of the tennis court. Whether you want to play music, write a novel, get ahead at work, or simply unwind after a stressful day, Gallwey shows you how to tap into your utmost potential. No matter your goals, *The Inner Game of Tennis* gives you the definitive framework for long-term success.

Rafa Zinc Ink

The executive editor of *Sports Illustrated* offers an in-depth analysis and behind-the-scenes look at the historic 2008 match between tennis titans. In the 2008 Wimbledon men's final, Centre Court was a stage set worthy of Shakespearean drama. Five-time champion Roger Federer was on track to take his rightful place as the most dominant player in the history of the game. He just needed to cling to his trajectory. So, in the last few moments of daylight, Centre Court witnessed a coronation. Only it wasn't a crowning for the Swiss heir apparent but for a swashbuckling Spaniard. Twenty-two-year-old Rafael Nadal prevailed, in five sets, in what was, according to the author, "essentially a four-hour, forty-eight-minute infomercial for everything that is right about tennis—a festival of skill, accuracy, grace, strength, speed, endurance, determination, and sportsmanship."

It was also the encapsulation of a fascinating rivalry, hard fought and of historic proportions. In the tradition of John McPhee's classic *Levels of the Game*, *Strokes of Genius* deconstructs this defining moment in sport, using that match as the backbone of a provocative, thoughtful, and entertaining look at the science, art, psychology, technology, strategy, and personality that go into a single tennis match. With vivid, intimate detail, Wertheim re-creates this epic battle in a book that is both a study of the mechanics and art of the game and the portrait of a rivalry as dramatic as that of Ali-Frazier, Palmer-Nicklaus, and McEnroe-Borg. "Definitely touches on all the defining factors of contemporary tennis." —San Francisco Chronicle "Illuminates a kingdom changing hands. An engrossing book." —Bud Collins

Range Sanage Publishing House Llp

The #1 New York Times bestseller that has all America talking—with a new afterword on expanding your range—as seen on CNN's Fareed Zakaria GPS, Morning Joe, CBS This Morning, and more. "The most important business—and parenting—book of the year." —Forbes "Urgent and important. . . an essential read for bosses, parents, coaches, and anyone who cares about improving performance." —Daniel H. Pink Shortlisted for the Financial Times/McKinsey Business Book of the Year Award Plenty of experts argue that anyone who wants to develop a skill, play an instrument, or lead their field should start early, focus intensely, and rack up as many hours of deliberate practice as possible. If you dabble or delay, you'll never catch up to the people who got a head start. But a closer look at research on the world's top performers, from professional athletes to Nobel laureates, shows that early specialization is the exception, not the rule. David Epstein examined the world's most successful athletes, artists, musicians, inventors, forecasters and scientists. He discovered that in most fields—especially those that are complex and unpredictable—generalists, not specialists, are primed to excel. Generalists often find their path late, and they juggle many interests rather than focusing on one. They're also more creative, more agile, and able to make connections their more specialized peers can't see. Provocative, rigorous, and engrossing, *Range* makes a compelling case for actively cultivating inefficiency. Failing a test is the best way to learn. Frequent quitters end up with the most fulfilling careers. The most impactful inventors cross domains rather than deepening their knowledge in a single area. As experts silo themselves further while computers master more of the skills once reserved for highly focused humans, people who think broadly and embrace diverse experiences and perspectives will increasingly thrive.