

THE MENTAL GAME

Audio CD Track Information

CD #1	TRACK #	TIME	NAME OF LESSON
	1	:45	Introduction to the Mental Game
	2	5:06	About David Ranney And The Best Lesson I Ever Received
	3	3:34	What You Will Learn When You Listen To These CD's
	4	:55	Your Psychic Reading
	5	1:19	Why You Should Play the Mental Game
	6	2:47	What Is the Mental Game
	7	3:15	The Ultimate Goal and About Winning
	8	2:56	A Huge Issue That Is Damaging Your Game
	9	6:39	The Core Principles of the Mental Game
	10	19:18	Lesson # 1: Seeing the Ball
	11	18:57	Lesson # 2: Breathing
CD #2	1	13:46	Lesson # 3: Relaxation
	2	2:38	Lesson # 4: Listening
	3	2:02	Lesson # 5: What To Do When You Are Nervous
	4	3:27	Lesson # 6: What To Do When You Get Angry With Yourself
	5	4:47	Lesson # 7: What To Do When You Choke
	6	3:35	Lesson # 8: What To Do When You Are Ahead In A Game Or Set
	7	2:55	Lesson # 9: What To Do When You Play A Tie Breaker
	8	1:42	Lesson # 10: What To Do When There Are Visual And/Or Noise Distractions
	9	2:17	Lesson # 11: What to Do When You Play Better In Your Warm-Up Than You Do When the Game Starts
	10	7:17	Lesson # 12: What to Do When You Miss Shots And How to Fix Them
	11	2:09	Lesson # 13: What to Do When Your Whole Game Starts to Go Badly: The One Minute Method
	12	4:06	Lesson #14: What to Do When You are In Between Points
	13	1:55	Lesson # 15: What to Do When You Hit the Ball Off Center
	14	4:52	Lesson # 16: How to Help Your Body Learn to Hit Accurately
	15	2:10	Lesson # 17: How to Decide And Then Hit the Ball Where You Want It to Go
	16	6:31	Lesson # 18: How to Hit the Return of Serve Into the Court
CD #3	1	4:44	Lesson # 19: How to Warm Up For a Match
	2	11:17	Lesson # 20: How to Aim the Serve
	3	2:32	Lesson # 21: How to Hit Winners
	4	7:55	Lesson # 22: How to Hit Running Balls
	5	1:41	Lesson # 23: How to Think About and Deal With Your Weaknesses
	6	2:32	Lesson # 24: How to Play at the Top of Your Game Every Time
	7	3:26	Lesson # 25: How to Breathe When You are Playing Doubles
	8	1:58	Lesson # 26: How to change Unproductive Thoughts
	9	4:40	Lesson # 27: How to Play In Front Of Crowds
	10	2:56	Lesson # 28: How to Know If You Are Playing The Mental Game Properly
	11	8:24	Lesson # 29: Secrets of Winning the Mental Game and the Steps You Need to Take

THE MENTAL GAME

Audio CD Track Information

CD #4	TRACK #	TIME	NAME OF LESSON
	1	4:21	Lesson # 30: The Difference Between Those Who Play The Mental Game And Those Who Don't?
	2	3:57	Lesson # 31: The Foundational Place
	3	2:52	Lesson # 32: The Power of Visualization
	4	5:20	Lesson # 33: Some Powerful Processes
	5	3:38	Lesson # 34: Why Losing is Good
	6	3:08	Lesson # 35: Why "Slow" Or "Easy" Balls Are Not Easy
	7	1:42	Lesson # 36: What To Do When You Have A Question And Don't Know The Answer
	8	2:05	Lesson # 37: A Summary of What to Do When You Play Points, Games, or a Match
	9	1:51	Some Final Thoughts
CD #5	1	5:50	Lesson # 38: The Mother of All Tips
	2	4:33	Lesson # 39: How to Give Yourself a Lesson Every Time You Play
	3	2:00	Lesson # 40: Ground Strokes: A check List of Things to Practice
	4	3:00	Lesson # 41: Serves: A check List
	5	1:00	Lesson # 42: Volleys: A Checklist of Things to Practice
	6	3:16	Lesson # 43: Books and Articles to Read
	7	5:49	Lesson # 44: Consistency: The first and Last Resort
	8	4:19	Lesson # 45: The Three Major Weaknesses and How You Can Exploit Them
	9	1:11	Lesson # 46: How To Determine If Your Opponent's Forehand Or Backhand Is Weaker
	10	9:51	Lesson # 47: Why You Should Hit All Serve Returns Crosscourt
	11	3:06	Lesson # 48: Where To Hit Your Lob
	12	2:27	Lesson # 49: Why You Should Hit Your Overheads As Hard As You Can
	13	2:39	Lesson # 50: If You Get A Short Ball
	14	1:09	Lesson # 51: When You Serve A Let Ball On Your First Serve
	15	6:24	Lesson # 52: A Basic Singles Strategy
	16	11:26	Lesson # 53: A Basic Doubles Strategy
CD #6	1	8:55	Lesson # 54: You Need to Drill and How I Do It
	2	1:53	Lesson # 55: How to Drill When No One Will Drill With You
	3	3:17	Drill # 1: Seeing the ball
	4	2:21	Drill # 2: Paying attention to your breathing
	5	:40	Drill # 3: Combining Seeing the ball and Breathing
	6	4:07	Drill # 4: Feeling and relaxing your strokes
	7	3:46	Drill # 5: A Consistency Drill
	8	2:23	Drill # 6: A Running Drill
	9	2:06	Drill # 7: Another Running Drill
	10	1:22	Drill # 8: Volley Drills
	11	3:52	Drill # 9: The Return of Serve Drill
	12	1:48	Drill # 10: The Lob and Overhead Drill
	13	5:25	Drill # 11: The Second Generation Bounce Hit Game
	14	:28	Drill # 12: The Spinning Game
	15	:44	Drill # 13: The Trajectory Drill
	16	:38	Drill # 14: The Listening Game