

Tennis Science For Tennis Players

How is a tennis player able to hit the ball and have control over it? Questions such as this are answered in this exciting look at the science behind tennis. Readers learn how to execute certain serves, such as a forehand serve and backhand serve, using a deeper understanding of physics. Detailed diagrams explain the science behind what happens before and after the tennis ball is hit with the racket. This creative guide to science curriculum topics includes graphic organizers, a thorough glossary, and delightful, full-color photographs that depict the thrilling intersection of science and sports.

This book will serve as a key resource for all clinicians working in orthopedics, sports medicine, and rehabilitation for the sport of tennis. It provides clinically useful information on evaluation and treatment of the tennis player, covering the entire body and both general medical and orthopedic musculoskeletal topics. Individual sections focus on tennis-related injuries to the shoulder, the elbow, wrist, and hand, the lower extremities, and the core/spine, explaining treatment and rehabilitation approaches in detail. Furthermore, sufficient sport science information is presented to provide the clinical reader with extensive knowledge of tennis biomechanics and the physiological aspects of training and rehabilitation. Medical issues in tennis players, such as nutrition and hydration, are also discussed, and a closing section focuses on other key topics, including movement dysfunction, periodization, core training, and strength and conditioning specifics. The expansive list of worldwide contributors and experts coupled with the comprehensive and far-reaching chapter provision make this the highest-level tennis medicine book ever published.

Top tennis experts contribute to this analysis of optimal techniques for all the essential strokes of the game. 160 photos. Tennis coach notebook. 8.5 x 11 size 120 lined pages tennis coach gifts idea for men. Tennis coach journal. Tennis player notebook journal gifts.

This addition to the Handbook series will allow the tennis coach, athlete, and medical professional responsible for their care to improve technique, training and performance, and to reduce the risk of injury. When injury does occur, Tennis will aid quick accurate diagnosis and treatment, and effective rehabilitation so that the tennis player can return to peak performance with the minimum of fuss.

This book combines the sport sciences of biomechanics, motor learning, exercise physiology, and sport psychology into one comprehensive volume.

From throwing a racket at the court because of a disagreement over a call, to creating a wild fashion line of tennis attire, the personalities of tennis are endlessly entertaining. Readers will learn that behind this sport lies a great deal of science. A brief history of the sport is offered followed by chapters that cover the scientific concepts behind serving the ball, how rackets work, how different surfaces and types of tennis balls affect the game, training and conditioning, and the psychological aspects of the game. Includes graphics to help explain the scientific principles being discussed and a list of sources for further research.

Never before in the world of sports have coaches been privy to a method or style of practice that has handed them the reins to develop the best athletes in the world. One sport and one technique provide the necessary channels to follow addressing the very existence of a formula attributed to elite sporting success. The sport of tennis was used along with its collective technique in the forehand groundstroke, as the gateway to deliver to the coach and athlete a blueprint that encapsulates the requirements and demands vital in achieving a "top 10" ranking. A blueprint of the science and education, as one, is presented. The featured literature reviews, reiterated yet stylistically shaped with a multi-premise: to teach both the coach and athlete how to develop and achieve optimal performance success, synonymous with a "top 10" ranking, and to accommodate the academic: a guide on how to build, structure and freely evolve the literature review, serving as their own unique learning structures. Introducing the ground-breaking sports coaching phenomenon: the Optimal Performance Theory, and The V by Dr. B © – handing you what the sporting world has been awaiting: the formula behind optimal performance success.

Practical advice for suiting your training to your body's requirements and improving your tennis performance while preventing injury.

Both strength training and weight training are recognized by the American College of Sports Medicine as vital to a high quality of life. They are also of tremendous benefit to young, healthy adults and adults with or at risk for osteoporosis.

Most information on nutrition and strength athletes, however, is scattered throughout pamphlet-type publica

Presents a comprehensive study of the technology behind the sport of tennis and contains diagrams and graphs to give a visual understanding of the physics involved in such things as the flight and bounce of the ball.

Science and technology have contributed immensely to the establishment of tennis as one of the world's major sports.

The science involved is interdisciplinary, encompassing design, engineering, physics, sports science, biomechanics and many other areas. This book brings together a selection of international papers collated by the International Tennis Federation Technical Department. The papers come from a variety of sources including manufacturers, universities, national ruling bodies and the International Tennis Federation. Four main themes - equipment, sports science, facilities and the game itself - are covered, representing work carried out in over 20 countries. The themes dealt with are diverse and comprehensive, ranging from the construction of a championship grass court to the technical intricacies of the aerodynamics of tennis balls. The role of the player is also considered making this an important book for all those involved in the game of tennis, from researchers to coaches and players.

Explains the scientific basis of the forces and motions used in tennis strokes and applies six basic biomechanical principles players can use to improve their technique.

If you have watched a Grand Slam tennis tournament in the past decade, you are probably aware that the game is dominated by just a few international powerhouses. At the conclusion of each tournament, it is likely that you will see

Serena Williams atop the women's podium and a member of the Big Four—Roger Federer, Rafael Nadal, Novak Djokovic, and Andy Murray—hoisting the trophy for the men. And while there is not a lot of variety in the outcome of these matches, the game of tennis itself has changed drastically over the decades, as developments in technology and conditioning regimens, among other factors, have altered the style of play. Underpinning many of these developments is science, and this book explains the scientific wonders that take the ball from racket to racket and back again. Each chapter explores a different facet of the game—learning, technique, game analysis, the mental edge, physical development, nutrition for performance and recovery, staying healthy, and equipment—and is organized around a series of questions. How do we learn the ins and outs of hitting the ball in and not out? What are the main technological developments and software programs that can be used to assist in performance and notational analysis in tennis? What role does sports psychology play in developing a tennis player? What is the role of fluid replacement for the recreational, junior, and professional player? What rule changes have been made with respect to the racket, ball, and ball-court interaction to maintain the integrity of the game in the face of technological change? Each question is examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read straight through for a comprehensive overview of how player and equipment work together. Whether you prefer the grass courts of Wimbledon, the clay courts of the French Open, or the hard courts of the US and Australian Opens, *Tennis Science* is a must-have for anyone interested in the science behind a winning game.

Tennis Science for Tennis Players University of Pennsylvania Press

How does your opponent put that tricky spin on the ball? Why are some serves easier to return than others? The mysteries behind the winning strokes, equipment, and surfaces of the game of tennis are accessibly explained by Howard Brody through the laws of physics. And he gives practical pointers to ways players can use this understanding to advantage in the game. Through extensive laboratory testing and computer modeling, Brody has investigated the physics behind the shape of the tennis racket, the string pattern, the bounce of the tennis ball, the ways a particular court surface can determine the speed of the game, and the many other physical factors involved in tennis.

This new volume in the *Encyclopaedia of Sports Medicine* series, published under the auspices of the International Olympic Committee, provides a state-of-the-art account of the epidemiology of injury across a broad spectrum of Olympic sports. The book uses the public health model in describing the scope of the injury problem, the associated risk factors, and in evaluating the current research on injury prevention strategies described in the literature. *Epidemiology of Injury in Olympic Sports* comprehensively covers what is known about the distribution and determinants of injury and injury rates in each sport. The editors and contributors have taken an evidence-based approach and adopted a uniform methodology to assess the data available. Each chapter is illustrated with tables which make it easy to examine injury factors between studies within a sport and between sports. With contributions from internationally renowned experts, this is an invaluable reference book for medical doctors, physical therapists and athletic trainers who serve athletes and sports teams, and for sports medicine scientists and healthcare professionals who are interested in the epidemiological study of injury in sports.

The purpose of this book is to make it easier for all tennis players, coaches and everyone involved in the development of the player, to see a clear development path and to use this book as a community for everyone involved. Through this book, coaches can systematically and individually train their players step by step with the aim to first build the athlete then the player, which they'll benefit from for the rest of their lives, not just in tennis. This document follows the player and become a community for everyone involved; the player, tennis coaches, physical trainer, parents etc. "Long Term Player Development - On Court Tennis" is 18 years of long-term development with 800 + ways to improve and 35 different tests. The coach is able to do 1-2 tests a week with the player for the player's entire career.

Read how the Science of Quantum Physics proves that our Mind, expectations, thoughts, emotions, believes or faith can have a direct impact on our reality and results inside and outside of the court. Jose Antonio presents a detailed one-of-a kind perspective on how the Mind functions in conjunction with sports and every day life. He teaches you how the Mind is the first priority and the line of defense needed to achieve the highest levels of game play and skill. Jose's extensive study of the greatest MINDS in history proves that all of those human beings knew all these Natural/Divine Laws and that's why they've had such an impact in our world. *The Awakening in Tennis* will change the way you see sports and life. It will force you to grow and make changes in the way you think by learning how to arrange your thoughts positively on a daily basis. Ready to read *The Best Tennis Book Ever*?

Covering the use of elastic resistance bands and tubes, this work includes the scientific applications and exercise applications for different areas of the body, and sport-specific applications for ten different sports.

Science and Racket Sports IV presents a selection of important contemporary research into the four core racket sport disciplines of tennis, badminton, squash and table tennis. It showcases the best of the peer-reviewed papers and keynote addresses presented at the Fourth World Congress of Science and Racket Sports, Madrid. Including contributions from many of the world's leading racket sport scientists, researchers and practitioners, the book details cutting-edge research in six key areas: Physiology Biomechanics Sports medicine Psychology Performance analysis Pedagogy, sociology and coach education This invaluable collection touches on the most important issues within contemporary sport science, and explores the full range of theoretical, experimental and applied work within the study of racket sports. It is essential reading for all sports scientists, sports physicians, therapists and coaches working in this area.

In the movie *Bull Durham*, frustrated manager Joe Riggins stresses to his team, "This is a simple game. You throw the ball. You hit the ball. You catch the ball." This simplification works well for biomechanists too, as sports can be broken down into specific physical tasks like throwing, hitting, catching, and running. There have been significant advances in understanding some actions, but not others. In the first ten years of the journal *Sports Biomechanics*, only 18 of 236 articles were about hitting a ball. This scarcity is startling considering that according to USA Today (May 20, 2005), three of the five hardest things to do in sports involve hitting a ball (#1: baseball batting, #4: golf tee shot, and #5: tennis serve return). This book provides the latest biomechanical research in the under-studied field of hitting a ball. The biomechanics of baseball, cricket, hockey, hurling, softball, table tennis, and tennis are all examined. The chapters are written in a style that will both satisfy the high standards of biomechanists and provide information for instructors and athletes to improve performance. This book is based on a special issue of *Sports Biomechanics*.

This proceedings volume of the ISEA 2006 examines sports engineering, an interdisciplinary subject which encompasses and integrates not only sports science and engineering but also biomechanics, physiology and anatomy, and motion physics. This is the first title of its kind in the emerging field of sports technology.

Learning Tennis A Beginners Guide to Become a Successful Tennis Player Tennis is a very popular sport nowadays. Many people enjoy playing this game all over the world. It is a game that requires great skills. Consistent efforts can help you in achieving these skills. In "Learning Tennis" you're going to learn how to master the fundamentals of the game of tennis including the essential rules of tennis, vital

skills and techniques as well as all the basic tennis strokes. And, with the help of this guide you'll not only gain all the vital knowledge about learning tennis efficiently, you'll also be geared up to improve your game level. Here is a preview of what you'll learn... Tennis World History ?nd Tennis Tournaments Learning H?w t? Play Tennis - Basic Rules ?f Tennis Th? Essential Equipment Needed in th? Game ?f Tennis Racquet Science: An Essential P?rt ?f Winning the Game Tennis Ball: Choosing th? Right Tennis Ball Dressing Right f?r Tennis Basic Tennis Lessons f?r Starters Tennis Serve Tips ?nd Technique How to Improve Y?ur Tennis Technique The B??t Warm U? Exercises f?r Tennis Players Essential Steps T? Prevent Tennis Injuries And Much More Proudly presented by "Being The Best" Scroll to the top of the page and select the Buy Now button!

Geared to physiatrists and sports medicine physicians, this book is a practical guide to the rehabilitation of sport injuries. It focuses on specific sports and describes a variety of popular sports in sufficient depth so that physicians can confidently diagnose and treat patients injured during each sport. The authors focus on conservative management of injuries, so that physicians can maximize nonsurgical options before resorting to surgery. The book explains the mechanism of each injury and offers strategies for evaluating patients and preparing them to return to play. Numerous illustrations complement the text.

"The game with yourself is often tougher than the battle against any opponent. Smart Tennis shows you how to win the inner match while having fun along the way."--Lindsay Davenport, world's #1 ranked player for 1998 Become a More Competent and Confident Tennis Player Smart Tennis is the secret weapon that tucks right into your tennis bag. Apply these proven principles of sport psychology to your game and gain a winning advantage both on and off the courts.

"Smart Tennis is a must for players at all levels—from beginners to Wimbledon champions! An outstanding book for understanding and improving your mental game."--Vic Braden, tennis telecaster and researcher "If you ever want to use the title of this book to describe how you played your last match, then Smart Tennis is for you."--David Higdon, senior writer, Tennis Magazine "This is an excellent book of psychological skills that can be immediately applied on the tennis court."--E. Paul Roetert, Ph.D., Administration of Sports Science, United States Tennis Association

Thought provoking and original, Tennisology delves into the science, psychology, and history of the world's most popular individual sport in search of the factors that truly influence successful on-court play. The findings will not only surprise you but also change the way you approach the game. Based on the latest research, statistics, and analysis, Tennisology provides fascinating insights and observations on development, conditioning, and performance:

- How and when the skills of the game are best learned
- Why pressure affects some players but not others
- Whether observing others can improve individual play
- Whether there is a link between player personality and style of play
- How and why height influences serve velocity
- Whether great players are born or developed

You will also discover how to apply the laws of physics to improve accuracy and consistency of shots and serves; how to structure training to minimize fatigue in lengthy matches; and how technology has affected the way the game is played, officiated, and coached. From the historical roots of modern tennis to the physical attributes that define the game, Tennisology will captivate you and make you think. It is a must-read for passionate players, coaches, and fans alike.

A comprehensive reference on modern, world-class tennis technique. This version is black & white. All net profits from the sale of this book will go to charity.

Science and Racket Sports III introduces the edited papers and keynote addresses presented at the combined Third World Congress of Science and Racket Sports and Eighth International Table Tennis Federation Sports Science Congress, in February 2003. The papers are brought together by world-class experts: Lees is Chair of the World Congress for Sports Science Rackets Division, Kahn is Technical Director of the International Table Tennis Federation, and Maynard is Secretary of the British Association of Sport and Exercise Scientists. The papers detail cutting edge research in racket sports science in five key areas: * notational match analysis * sports medicine * biomechanics * sports psychology * sports physiology. This valuable collection embraces a broad spectrum of the issues being examined by contemporary sports scientists, and will be of interest to researchers in sports biomechanics and ergonomics, sports engineering and elite racket sports professionals.

About Dr Ashley M. Berge Topic thread | AM8 International | SPROOKE 9 X Author | Scientist | Coach | Inventor | Founder | HISTORY (a personal recollection) How I came to be, recap: (as featured in each book & its respective foreword) At 18, I became a Personal Trainer / Sports & Strength Conditioning Coach. I was also a full-time athlete, training for 8 hours a day. At 19, I was a sponsored Elite Athlete. I also commenced University and maintained my full-time training. At 20, I became a Level 1 Coach, then went on to become one of Australia's youngest ever Level 2 Coaches permitted to go back-to-back. Just before I turned 21, I received a scholarship to play and train at one of America's leading Academies, in Texas. At 21, I was coaching some of America's top national players as a direct result of succumbing to another injury and whilst also playing and training when healthy. That same year I received a full-scholarship to a National Collegiate Athletics Association (NCAA) DII private University that ranked against the Harvard Grading Scale. At 22, I spent part of the summer touring through Europe with American national players. At this time I had also started my Undergraduate degree and had received a Grade Point Average (GPA) of a 4.0 (the highest attainable) in both first and second semesters. This came with multiple Dean's awards. At 23, I again spent part of the summer touring through Europe with American national players. Due to injury, I had to fly back to Australia and leave my scholarship behind. I spent the majority of the year on crutches unable to walk. This was the year I completed my Undergraduate degree and started to run. This was also the year I had to choose between playing and coaching -- I chose coaching. At 24, I commenced my Masters. I spent the summer, again, touring through Europe with American national players. On return I was asked to be the Director of a tennis program and accepted, being one of the youngest coaches, nationally, to take on such a position. After running for less than a year I managed to clock up 50 km days (not weeks). Just before I turned 25, I managed my biggest week yet: 180 km's in total. At 25, I registered my first business with my Dad and opted not to travel but to keep on top of my Masters (after receiving a GPA of 7.0: the highest

attainable). Shortly after, my Dad passed away -- just shy of my graduation; four months later, my Grandpa passed away. At 26, I competed in my first Ultra race (100 km) but had a DNF (Did Not Finish) due to an ongoing hamstring injury. In the same year, I became recognised as a Level 3 Coach (the highest attainable globally). Soon after, I commenced my PhD -- I still had questions to answer that my studies until then were unable to address. At 27, my PhD was under full-swing - in not one, but between two Schools (a result of the depth of the work undertaken) and I was on track to complete my PhD in the minimum time frame. The same year I was able to sponsor my first athlete. A fortnight after turning 28, I became unwell. Ultimately, I couldn't run, walk, read, write, do simple tasks, let alone finish the home-stretch of my PhD without near-collapsing. Without going into detail, somehow I did manage to finish my PhD and in the minimum time frame; with only four months leave taken. For an elaboration, *The Secrets to Optimal Wellbeing* shares more. At 29, I had PhD corrections to look after, although the entire year was all about getting my health back. That same year, I competed in my first Ultra since becoming unwell -- and I finished all 80 km's of it, even though I tore my tendon at the 20-25 km mark. It was about finishing and I did. Mid-year, I had surgery that could have left me far-worse off (from my ongoing health battle) and I am incredibly fortunate to still be here. At 30, I had already published the first instalment in *The Secrets to Optimal* series: *The Secrets to Optimal Performance Success*, and later that year, *The Secrets to Optimal Wellbeing* was published. And, almost two years since submission, I was officially awarded my doctorate. It was also a year of tightening the vision for what the science inside my PhD was, and eventually over time, going to bring the world. As a result, *The Science of Elite Performance* was published just shy of turning 31. At 31, it was all about bringing this vision into fruition - and so the journey began of building a Social Compilation, Topicthread, that brought the world together, using the two disciplines of my doctorate, Health and Education, with performance its overarching tone, as the vehicle to unify individuals across the world. And with that, 'social' was at its core - using the scientific model inside my PhD. This saw Topicthread (topicthread.com) come to life. At 32, *The Secrets to Optimal Coaching Success* was published, and slowly but surely, Topicthread was the World's 1st Social Compilation - and the 1st interface with the architecture to deliver access to Health and Education, in unison, universally. Meanwhile, quietly in the background I had been working on *The Elite Research Method*, which was subsequently published later that year. At 33, the first instalment of *What is Your Game Missing?* was released, although what followed was a bittersweet year. The final chapter was called on a three-year relationship, whilst I received a DNF, seven years after my first, in the pursuit of another 100km Ultramarathon I had trained all year to be a pacer for - calling it a day at the 50km mark with the onset of injury. As a result, delivering the second instalment of the series: *What is Your Game Missing, Now?* later the same year, was perhaps my most mentally exhaustive book to date with a mixture of emotions endured throughout. Despite these temporary hurdles since overcome, it was this very book that landed the Number One spot on the top Tennis Books to read in 2020 - a milestone in itself. At 34, with big shoes to fill, the Education release embedded inside Topicthread coincided with the publication of an eighth book and a third instalment of the same series: *What is Your Game Missing, to Win?* And that was the first half of the year. But this year was turned upside down for many - in various ways, especially inflicting its shortcomings on the health of millions around the world. This acted as an instigator for the second half of the year: to release a pathway that players, parents, coaches and athletes alike could follow from the safety of their own home - embrace, implement and become familiar with their next steps, no matter where they were based in the world, whilst keeping their health front and centre. *I am Your Tennis Coaching Guru* is just that - a 10 Year Pathway for coaches to use and enact - be the Guru your player needs, or for the parent at home - you can now be, too. If anything, *I am Your Tennis Coaching Guru* is a simple and practical pathway that forms the initial 10 Years of a tennis players journey, setting them up for later success for the following 10 Years. And with the year almost at an end, *I am Your Tennis Coaching Guru* allows coaches from all walks of life to take a step in the new direction and guide their player or players towards their 'true north'. Until next time, the next publication, and the next instalment: be remarkable and embark on your 'true north'.

Biomedical Engineering Principles in Sports contains in-depth discussions on the fundamental biomechanical and physiological principles underlying the acts of throwing, shooting, hitting, kicking, and tackling in sports, as well as vision training, sports injury, and rehabilitation. The topics include: -Golf ball aerodynamics and golf club design, -Golf swing and putting biomechanics, -Tennis ball aerodynamics and ball- and shoe-surface interactions, -Tennis stroke mechanics and optimizing ball-racket interactions, -Baseball pitching biomechanics and perceptual illusions of batters, -Football forward pass aerodynamics and tackling biomechanics, -Soccer biomechanics, -Basketball aerodynamics and biomechanics, -Vision training in sports, -Children maturation and performance, -Rehabilitation and medical advances in treatment of sports injuries. This book is essential reading for biomedical engineers, physicists, sport scientists, and physiologists who wish to update their knowledge of biomechanical and biomedical principles and their applications to sports. The book can be used in a one-semester Senior or Graduate-level course in Biomechanics, Biomedical Engineering, Sports Technology, Sports Medicine, or Exercise Physiology. In addition, it will be of value to interested athletic laypersons who enjoy watching or participating in sports such as golf, tennis, softball, football, soccer, and basketball.

Chinese edition of *The Art of Learning: a journey in the pursuit of excellence*. The biography of Josh Waitzkin, the chess prodigy and four time winner of four Tai Chi pushing hands tournaments. Waitzkin was the subject of "Searching for Bobby Fischer," the story of his early years, written by his father, and was adapted to film. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

Philipp Halfmann wrote *THE* book about strength and conditioning training for tennis you have been waiting for. Based on his own experiences as a competitive tennis player and a successful conditioning coach and backed by scientific research studies conducted during the Master's degree program in Exercise & Sport Science at FIU, this book is the must read lecture for anybody serious about competing on

the competitive collegiate or professional tennis circuit. This book is designed for the purpose of teaching and applying and organized in sensible, constructive order. Each chapter first provides explanation of underlying scientific principles and then presents practical solutions in form of applications or exercises and training recommendations. For coaches „Advanced Concepts of Strength & Conditioning for Tennis" provides a comprehensive and cohesive body of knowledge and over 400 applications that can be utilized to develop all aspects of athletic conditioning for all skill levels, from recreational players to college athletes to professional player, in a safe and professional environment. For players the book offers everything they need to know with respect to stretching, resistance training, ballistics, plyometrics, speed, agility, quickness training as well as nutritional strategies necessary to lay the foundation for a successful career. For parents, it is a valuable resource in making informed decision when planning a successful career for their children. Whether you need to pick coaches, design conditioning programs on your own, or make prudent decision with regards to proper nutrition, this book provides the answers for you.

“Glücklicherweise ist der Autor dieses Buches jemand, der mehrere Rollen spielt: Forscher, Trainer und Professor. Daher gehen sowohl der Inhalt als auch Stil auf ein echtes Interesse bei der Erleichterung der ordnungsgemäßen Übertragung von Informationen durch die Art und Weise ein, die das Interesse des Lesers zu wecken versucht.” Miguel Crespo – Internationale Tennisföderation “Mit diesem Beitrag wurde ein weiterer Schritt in Richtung Verbesserung der Erkenntnisse der Nationaltrainer und damit der Exzellenz des Sporttrainings in Portugal und in allen Ländern der portugiesischen Sprache - insbesondere durch die Zusammenarbeit zwischen der portugiesischen Tennisföderation und der Bundesvereinigung des brasilianischen Tennis in diesem Projekt unternommen.” Vitor Cabral – Portugiesische Tennisföderation “Herzlichen Glückwunsch an Professor César Coutinho, der, durch brillante Initiative und das Engagement bei der Entstehung dieses Buches ... es auf objektive und praktische Art und Weise schrieb. Es ist bereit, in unseren Trainings angewendet zu werden.” César Kist – Brasilianischer Tennis Bund “Ein Handbuch von großem Nutzen nicht nur für die Profis, die an den Prozess des Lehrens und Trainierens der Tennisspieler beteiligt sind, sondern auch ein sehr interessantes Dokument, das eine Konsultation für alle Liebhaber des Sports ist, die es besser verstehen wollen.” Pedro Pezarat-Correia – Universität Lisbon

This journal is a perfect gift for friends and family, male or female. Other features of this notebook are: - 120 pages - 6x9 inches - matte cover

This book is convenient for writing. It has the perfect size to carry anywhere for journaling and note taking.

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