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Pete Sampras's book 'A Champion's Mind - Lessons from a Life in Tennis' with Peter Bodo is an autobiography whose personality is a mirror image of what Pete Sampras was - A quintessential gentleman, a class act and a perfect tennis player dressed in white.

~~How to have the mindset of a champion - Lifehack~~

Feed the right wolf. Train like you are No.2, but compete like you are No. 1. Focus on your performances, not on unwanted outcomes. To perform at a champion's level, you must cultivate long-term memories for your success, and short-term memories for your failure. You can hate to lose, but don't be afraid to lose.

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Key Lessons from "The Champion's Mind" 1. Look in the mirror every day 2. Use the power of visualization 3. Don't be a cry-baby. Look in the mirror every day. This is a long-term prescription that will remind you whether you're making progress or not. It will keep you eager and determined to take right actions.

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Rhys Davies and James Burt.

Champions are mindfully aware of the noise between their ears and know when they have mastered their minds nothing can get in their way. "Who is in control of your mind? You are." - Aubrey Marcus. 5. Champions do not give up - they are committed to success "Fall down seven times and stand up eight." - Japanese Proverb. Champions do not give up.

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A True Champion Pete Sampras was best known to the public for his calm demeanor, on and off the court. In his book "A Champion's Mind," he explains how his strong mental game was really what separated him from the pack. For example, Sampras explains his first Grand Slam victory at the 1990 U.S. Open.

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