



Chess Psychology: Approaching the Psychological Battle both On and Off the Board

Angus Dunnington

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Why do so many chess players only draw winning positions or lose drawing ones? Why do many continually slip into time trouble, despite vowing after every game to move more quickly? How can players perform like Grandmasters on one day and complete novices the next? What's the best way to beat lower-rated players and what gives the best chance against higher-rated ones? In this book International Master Angus Dunnington answers these questions and more as he takes a fresh look at the value of studying psychology in chess. Read this practical guide, eliminate mistakes, punish opponents', and improve results!

- * A practical guide to chess psychology
- * Written by a experienced chess professional
- * Ideal for club and tournament players

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