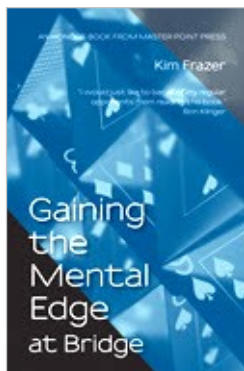


# Gaining the Mental Edge at Bridge –

The power of positive thinking



## Gaining the Mental Edge at Bridge

By Kim Frazer  
 (Masterpoint Press,  
 Toronto, Canada,  
 2019, soft cover, 188  
 pages)  
 \$34.95 post-free from  
 Paul Lavings  
 Bridgegear or \$31.50  
 from the NSWBA book  
 stall

**G**aining the Mental Edge at Bridge solves all those problems relating to psychology and players' thinking rather than the bidding and play. Not only does the author offer ways to recover from disasters but also recommends ways to completely avoid such situations in the first place.

One scenario discussed in the book I am very familiar with is on the first hand of a session you or your partner through lack of focus stuff up horribly. Perhaps making a terrible bid or committing a shocking mistake in the play so your side scores miserably on the first board. Now I know not only how to cope but also how to avoid it happening.

This deal played by the author is a tribute to the power of positive thinking:

Dealer E | Vul N-S

<p>♠ 42                  ♥ A5                  ♦ JT986                  ♣ QJT2</p>	<table border="1" style="border-collapse: collapse; width: 60px; height: 60px; margin: auto;"> <tr><td></td><td style="text-align: center;">N</td><td></td></tr> <tr><td style="text-align: center;">W</td><td style="text-align: center;"> </td><td style="text-align: center;">E</td></tr> <tr><td></td><td style="text-align: center;">S</td><td></td></tr> </table>		N		W		E		S		<p>♠ AKQJ853                  ♥ J                  ♦ A32                  ♣ 86</p> <p>♠ T976                  ♥ KQT8762                  ♦                  ♣ A5</p>
	N										
W		E									
	S										

W	N	E	S
		4S	P
P	4NT	P	6H
P	P	DBL	//

When declarer saw dummy the immediate reaction was negative, the reflex thought being “You bid 4NT vulnerable vs not with that pile of junk”. Declarer pushed all negative thoughts aside and focused on the task at hand to visualize a layout where 6♥ would make.

After ruffing the spade lead in dummy declarer led ♦K, covered and ruffed, then a spade ruff and a spade discard on ♦Q. Now declarer ruffed a diamond and ruffed her last spade with ♥9. It was a simple matter to cross back to ♣A and play ♥K and later draw the last trump for 12 tricks.

Many other areas are discussed, Comfort Zones, Goal Setting, Visualization and Match Pressure are some. Kim Frazer has represented Australia at bridge and is a successful athlete at international level and has clearly put a lot of time and thought into the mental side of sport.

Ron Klinger wrote the foreword saying: “I can’t wait for my next bridge game! I would just like to bar all of my regular opponents from reading this book”.

A unique and fascinating book.