

Key Takeaways From “Open” by Andre Agassi

- Life will throw everything but the kitchen sink in your path, and then it will throw the kitchen sink. It's your job to avoid the obstacles. If you let them stop you or distract you, you're not doing your job, and failing to do your job will cause regrets that paralyze you more than a bad back
- Take it more than one point at a time. Make him work for everything. No matter what happens, hold your head up. And for God's sake enjoy it, or at least try to enjoy moments of it
- Control what you can control
- What you feel doesn't matter in the end; it's what you do that makes you brave
- The tennis bag is a lot like your heart- you have to know what's in it at all times
- It reminds me of the singular importance in this world of a job done well
- Disorder is a distraction, and every distraction on the court is a potential turning point
- I'll now have a loss on my record- forever. Nothing can ever change it
- Attack the other man's strengths
- How can losing hurt so much?
- If you're not perfect, you're a loser
- To be inspired- that is the secret
- If he wants it bad enough and works hard enough, he'll succeed
- He doesn't demand their attention, he simply compels it
- Hard work is the answer, the only answer
- I need to get strong so that I never let that happen again. Losing is one thing; being outgunned is another
- Only the strong survive
- How lovely is it to dream while you are awake
- I must play to win
- Put a blister on his brain
- You control what you can control
- A win doesn't feel as good as a loss feels bad, and the good feeling doesn't last as long as the bad
- I marvel at how unexciting it is to be famous, how mundane famous people are. They're confused, uncertain, insecure, and often hate what they do
- Money can't buy happiness- but we never believe it until we see it for ourselves
- Dangerous to surrender to fear. Fears are like gateway drugs. You give in to a small one, and soon you're giving in to bigger ones

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Taken directly out of the book

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- Don't worry about whether she likes you. Worry about whether you like her
- Simply knowing your enemy is a powerful advantage
- When you eat, and how you eat, that's the thing
- I run until my mind begs me to stop, and then I run some more, ignoring my mind
- You can't fool the man in the mirror
- This is the only perfection there is, the perfection of helping others
- This is why we're here. To make each other feel safe
- When is what I want ever a good index of what I should do?
- Love is how we grow up
- You'd need to get your body right, get your mind right, then start at the bottom
- Change, change, change
- Our best intentions are often thwarted by external forces
- Momentum rules the world
- Unless I can accept that I'm where I'm supposed to be, I'll never belong there again
- I am the master of my fate: I am the captain of my soul
- We must care for ourselves, which means we must be careful in our decisions, careful in our relationships, careful in our statements
- Every journey is important, and that no journey is impossible
- I've been cheered by thousands, booed by thousands, but nothing feels as bad as the booing inside your own head during those ten minutes before you fall asleep
- No time like the present
- We hurt so let's hurt
- Since when do you let other people run your game? Since when do you take no for an answer?
- If you're going to lose, at least lose on your own terms
- Don't try too hard. Don't try to be perfect. Be yourself
- The same court on which you suffer your bloodiest defeat can become the scene of your sweetest triumph
- Now I just work as hard as I can and let the rest fall where it may
- Face it at its worst and realize it's not so bad