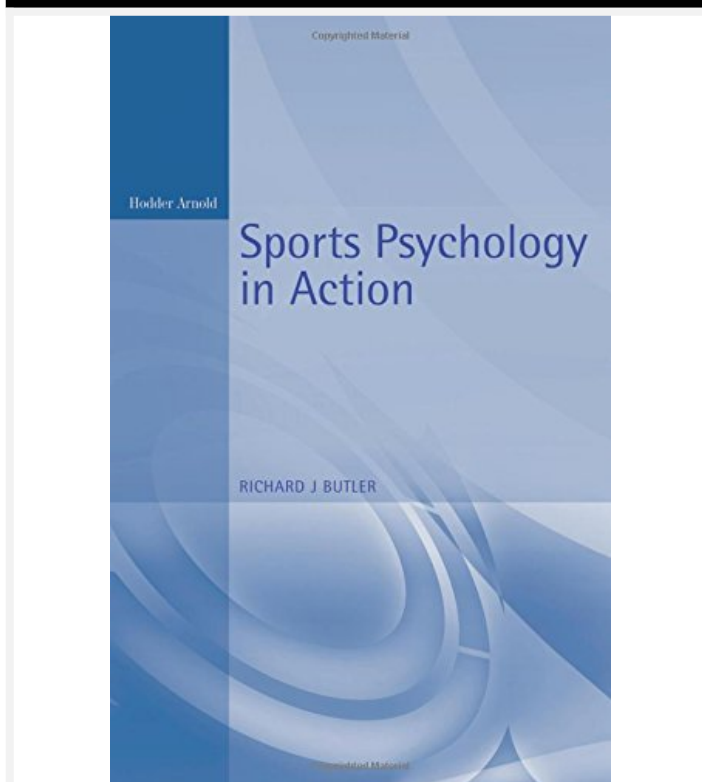

PDF Online Sports Psychology in Action - eBooks Textbooks



Book detail

- Title : PDF Online Sports Psychology in Action - eBooks Textbooks
- isbn : 0750624361



Book Synopsis

Psychological preparation is now recognized as being of key importance in improving sports performance. This book describes performance profiling methods used by coaches and psychologists and presents exercises and assessments. Although based on practical experience, the text is firmly rooted in research, and can be used at both professional and amateur level.

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