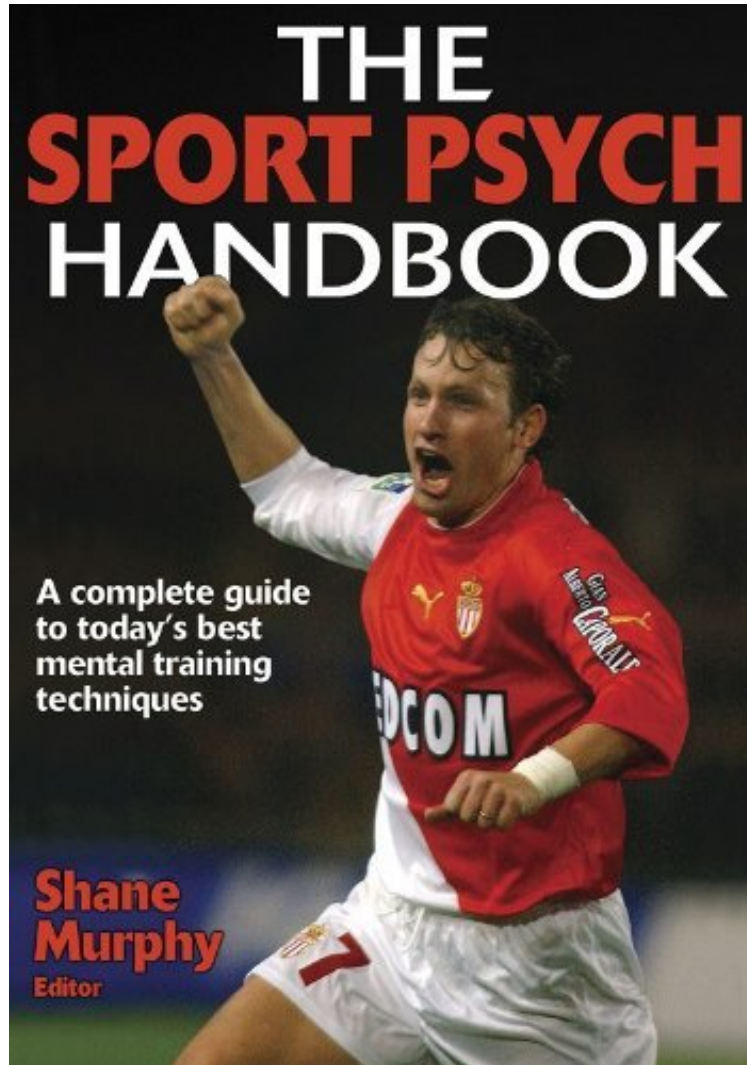


(Download free pdf) The Sport Psych Handbook

The Sport Psych Handbook

Von Shane Murphy

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Von Shane Murphy : The Sport Psych Handbook before purchasing it in order to gage whether or not it would be worth my time, and all praised The Sport Psych Handbook:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Zur Vertiefung gut geeignetVon P.S.Habe mir dieses Buch im Rahmen eines Seminars an der Uni gekauft und bin sehr begeistert. Das Buch vermittelt Wissen ber die Sportpsychologie, sodass die Hintergrnde warum, welche Prozesse, wie funktionieren klar herausgestellt werden. Durch seine Einfachheit kommt sehr gut ins Thema hinein, weil nicht direkt explizites Fachwissen erfordert wird. Langweilig ist es dennoch nicht, da schon einige Grundkenntnisse erforderlich sind, wie ich finde.Fr Leute die sich mit der Sportpsychologie auseinander setzen wollen ist dies jedenfalls ein guter

Einstieg, nach dem man weitere vertiefende Literatur zu einzelnen Themen lesen kann.

Kurzbeschreibung Athletes' physiques and conditioning levels have advanced significantly in the past decade. Now, it's time for their mental prowess to catch up. The Sport Psych Handbook makes significant performance improvement possible through training the mind to parallel the body's enhanced development. Experts covering each facet of the mental game present research-based, field-tested approaches to enhance individual and team performance. More specifically, this comprehensive guide will give athletes breakthrough methods to do the following: Optimize inner drive for training and competition Maintain emotional and mental control for unwavering focus Improve communication skills for better leadership and teamwork Avoid and overcome slumps, injuries, and other challenges to a successful season Complement your physical skills with sharper mental skills. Make The Sport Psych Handbook part of your training arsenal, and start performing to your potential. Important Notice: The digital edition of this book is missing some of the images found in the physical edition. Kurzbeschreibung Athletes' physiques and conditioning levels have advanced significantly in the past decade. Now, it's time for their mental prowess to catch up. The Sport Psych Handbook makes significant performance improvement possible through training the mind to parallel the body's enhanced development. Experts covering each facet of the mental game present research-based, field-tested approaches to enhance individual and team performance. More specifically, this comprehensive guide will give athletes breakthrough methods to do the following: Optimize inner drive for training and competition Maintain emotional and mental control for unwavering focus Improve communication skills for better leadership and teamwork Avoid and overcome slumps, injuries, and other challenges to a successful season Complement your physical skills with sharper mental skills. Make The Sport Psych Handbook part of your training arsenal, and start performing to your potential. Important Notice: The digital edition of this book is missing some of the images found in the physical edition. Synopsis Improve your individual or team sporting performance significantly with this research-based, field testing training guide for the mind.