



Introducing Sport Psychology: A Practical Guide

Arnold LeUnes

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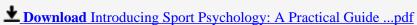
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What does it take to be the best in sports? Whether you're an aspiring athlete or just want to perform a little better, this Introducing Practical Guide reveals clear mental exercises, point-by-point suggestions for performance improvement, and real-life examples of managing emotions to help minimize the psychological effects of injury.





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