



Emotions in Sport

Yuri Hanin

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Emotions in Sport is the first comprehensive treatment of how individual and team emotions affect athletic performance. Edited by renowned Olympic advisor, researcher, and teacher Yuri Hanin, the book provides you with

- a comprehensive understanding of emotional patterns such as anxiety, anger, and joy, as well as their impact on individual and team performance;

- solid methods for determining the optimal emotional state of individual athletes;

- innovative strategies for avoiding overtraining, burnout, and fatigue, while helping enhance performance;

- an overview of injury management and the positive emotional states that can actually accelerate the healing process; and

- a long-overdue look at exercise, emotions, and mental health.

Created and developed by Dr. Hanin during 30 years as a sport psychologist, the Individual Zones of Optimal Functioning (IZOF) model is the key conceptual framework in *Emotions in Sport*. The model can help you describe, predict, and explain the dynamics of emotion/performance for individual athletes and provides you with strategies for creating optimal emotional states and enhancing athletic performance.

Appendixes to the volume include a reproducible IZOF model form and step-by-step data collection instructions for your use.

Emotions in Sport incorporates the insights, wisdom, and experience of authorities worldwide to give you a new perspective on this important subject and its impact on athletes.

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