



The Sport Psychologist's Handbook: A Guide for Sport-Specific Performance Enhancement

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A practical handbook for sports psychologists that outlines the most effective interventions for athletes across a variety of sports.

- A practical manual for the growing force of sports psychologists helping today's athletes to unprecedented levels of application and success
- Offers specific guidance on the psychological assessment of athletes, uniquely presented in an accessible sport-by-sport format
- Written by an experienced practicing sports psychologist and author, who draws on his own methods and experience in the field



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