



Applied Sport Psychology: Personal Growth to Peak Performance with PowerWeb

Jean M. Williams

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Applied Sport Psychology is a comprehensive and practical guide to strategies and techniques designed to help future coaches and sport psychologists cultivate peak performance through recent advances in sport psychology. The text's five-part organization focuses on motivation and leadership, communication, mental training, program implementation, and current issues. Contributing authors are experts in their topic, and each chapter has been written specifically for this collection.

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