



Applied Sport Psychology: Personal Growth to Peak Performance

Jean Williams, Vikki Krane

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Applied Sport Psychology was written to introduce readers to psychological theories and techniques that can be used to enhance performance and personal growth of sport participants from youth to elite levels. The four-part organization covers learning, motivation, and social interaction; mental training for performance enhancement; implementing training programs; and enhancing health and well-being. This edition reflects the latest research, practice, and anecdotal examples in applied sport psychology. *Applied Sport Psychology* is particularly well suited as a text for classes in applied sport psychology and psychology of coaching. The book is also a valuable reference for practicing coaches, sport psychologists, and psychologists.

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