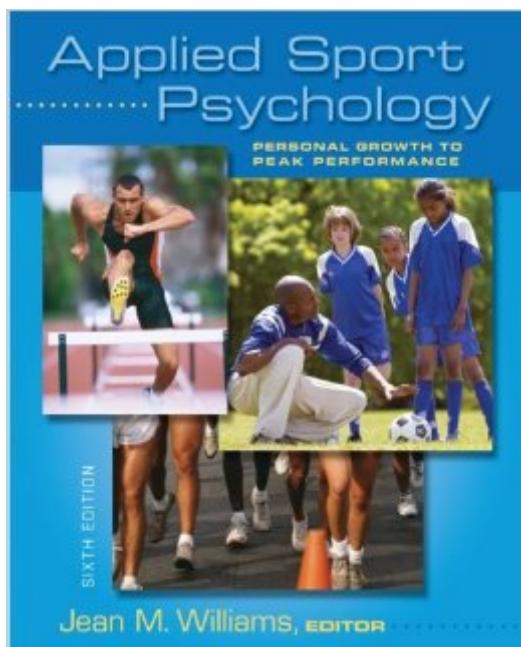


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# Applied Sport Psychology: Personal Growth To Peak Performance



## **Synopsis**

Drawing upon the expertise of more than twenty leaders of their fields, this is a comprehensive and practical guide to psychological concepts and theories as well as to strategies and techniques designed to help future coaches and sport psychologists cultivate peak performance and personal growth through recent advances in sport psychology. The text's four-part organization focuses on motivation and leadership, social interactions, mental training, program implementation, and issues that go beyond performance enhancement. Contributing authors are experts in their topic, and each chapter has been written specifically for this collection.

## **Book Information**

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## **Customer Reviews**

I had to get this book for class and was pleasantly surprised how easy a read it's been. Lots of good case studies and a variety of information for coaches and sport psychologists.

This came in handy when taking some graduate courses, clear, concise, and easy to understand with some pretty deep topics. I gave it four stars only because I couldn't give it a 4.5. Some of the information seems redundant.

Very unhappy with the condition of the book but was very pleased with the professional response of the seller and option to return book. Although, I would have preferred a partial discount because I

did not have the time to search for a new book because classes already started. The seller did give me the option to keep the book for 30 additional days when trying to look for a new one but I did not want to deal with the hassle. Again, very professional seller but not pleased with advertisement of condition and price paid for book.

I needed this book for a Mental Game Coaching certification course I was taking. The book arrived as advertised. As for the content in the book, this seems to be a very solid book on the applied research and understanding on sports psychology. As a non-psych specialist, I found it an easy read.

Fantastic book with in-depth descriptions and applicable techniques for coaches and athletes. No sport psychology professional should be without this resource. I find myself constantly referring back to it and incorporating the material with my clients.

I am a coach in grad school and needed this book for one of my classes. I usually borrow from the library but once I started reading it I knew I needed my own copy to highlight in. I found and ordered the international edition to save money and it was exactly what I wanted (and, more importantly, comparable to what my instructor had!). I would highly recommend this book for coaches or anyone interested in the sport psychology field.

This book would have been fine except for the fact that it is missing chapters:

11,12,13,14,15,16,17!!! It's missing 7 chapters and so far we've been assigned chapters 10-12, and 17 to read. So annoying.

I had to buy this for a graduate level course and it drove me crazy. It is a book comprised of chapters that are merely research articles. It is almost overboard scholarly to be of worth in sport psychology. I have used better books for the subject, and will not be keeping this one for my personal library.

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