



The Psychology of Winning: Does Mind Matter?

By Dr James H Farmer III

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. Although Sports Psychology is still relatively new, a tremendous amount of interest has been generated by the potential of psychological principles to enhance athletic performance. In particular, the tenets of cognitive-behavioral theory, my particular field, has led to more effective clinical techniques which have been appealing to sport psychology consultants. As a result, psychological methods were implemented to enhance performance prior to solid research support. However, recent reviews of studies conducted in the last twenty years have shown psychological methods to be useful in the area of sports performance enhancement (Greenspan and Feltz, 1989; Weinberg and Comar, 1994). Much of the research in this area has focused on individual sports or individual skills for team sports as that allows for better experimental designs. As the research base has grown, it has become possible to select particular sports, especially those that are individually based, and examine the literature for the factors that influence performance. A number of studies have specifically focused on enhancing performance in the martial arts, as the martial arts are conducive to empirical study, given their...



Reviews

Comprehensive manual! Its such a excellent read through. I have read and i also am confident that i am going to gonna study once more once again in the future. Your life period will be change when you total looking over this ebook.

-- Cordie Hauck DVM

It in just one of the most popular ebook. It normally will not cost too much. I am very easily could get a pleasure of looking at a composed publication.

-- Rosetta Thompson

Other PDFs



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



Decameron and the Philosophy of Storytelling: Author as Midwife and Pimp (Hardback)

Columbia University Press, United States, 2005. Hardback. Book Condition: New. New. 236 x 155 mm. Language: English. Brand New Book. In this creative and engaging reading, Richard Kuhns explores the ways in which Decameron ssexual themes lead into philosophical inquiry, moral...



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...