



A Practical Guide to Sport Psychology: Play Stronger, Better, Happier (Paperback)

By Arnold Leunes

Icon Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Improve your performance and achieve your goals. Become fitter and stronger, relieve stress and anxiety and recover from injury faster and more effectively. Whatever your sport or level of fitness, this Practical Guide by sports psychologist Dr Arnold LeUnes will help you to perform better and enjoy exercise, making it a habit. Full of proven, expert techniques, case studies and practical tips to help you train your mind and improve your health, Sport Psychology will help you to feel better and smash your exercise goals.



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