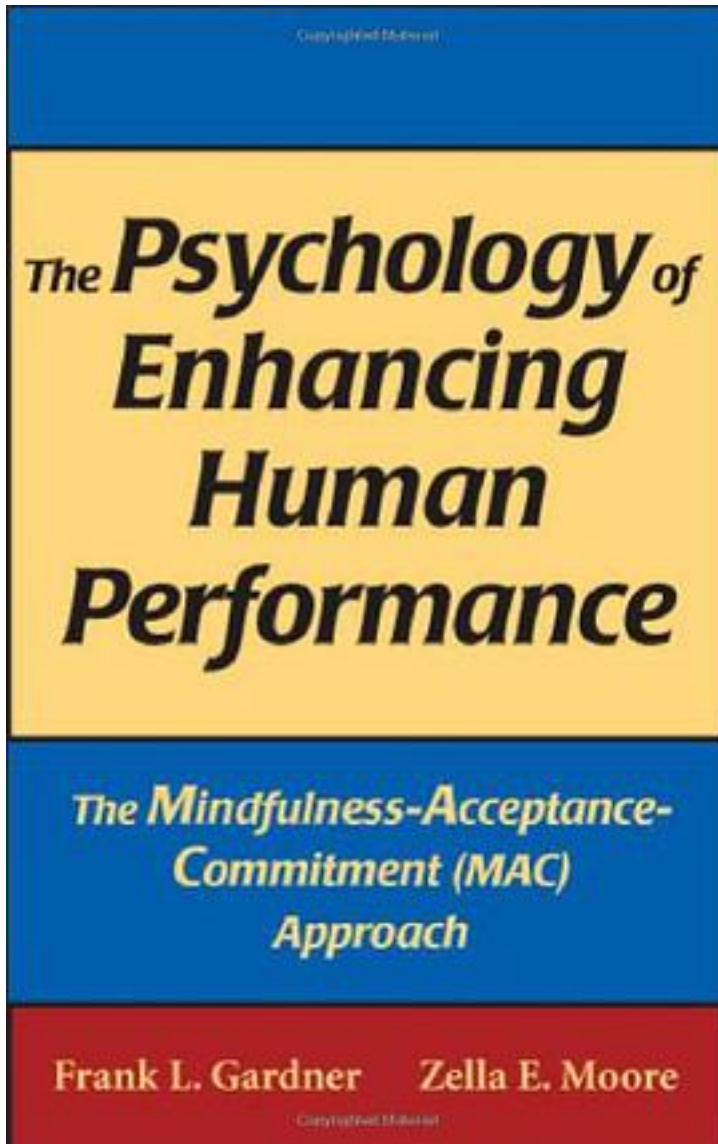


# Psychology of Enhancing Human Performance : the mindfulness-acceptance-commitment (MAC) approach: the mindfulness-acceptance-commitment (MAC) approach



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"During the authors' many years of helping elite athletic and business clients it became clear that traditional methods of performance enhancement do not work. The Psychology of Enhancing Human Performance presents the result of this realization: innovative psychological interventions for performance enhancement. These interventions provide a new way for clients to think about the relationship between one's inner experiences and high-level human performance and unique ways in which professionals can strengthen that relationship and, in turn, their client's performance. In a structured, step-by-step intervention manual, Drs. Gardner and Moore detail the understanding, assessment, and conceptualization necessary to enhance human performance and present it as a unique theory called the Mindfulness-Acceptance-Commitment (MAC) program."--BOOK JACKET.

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