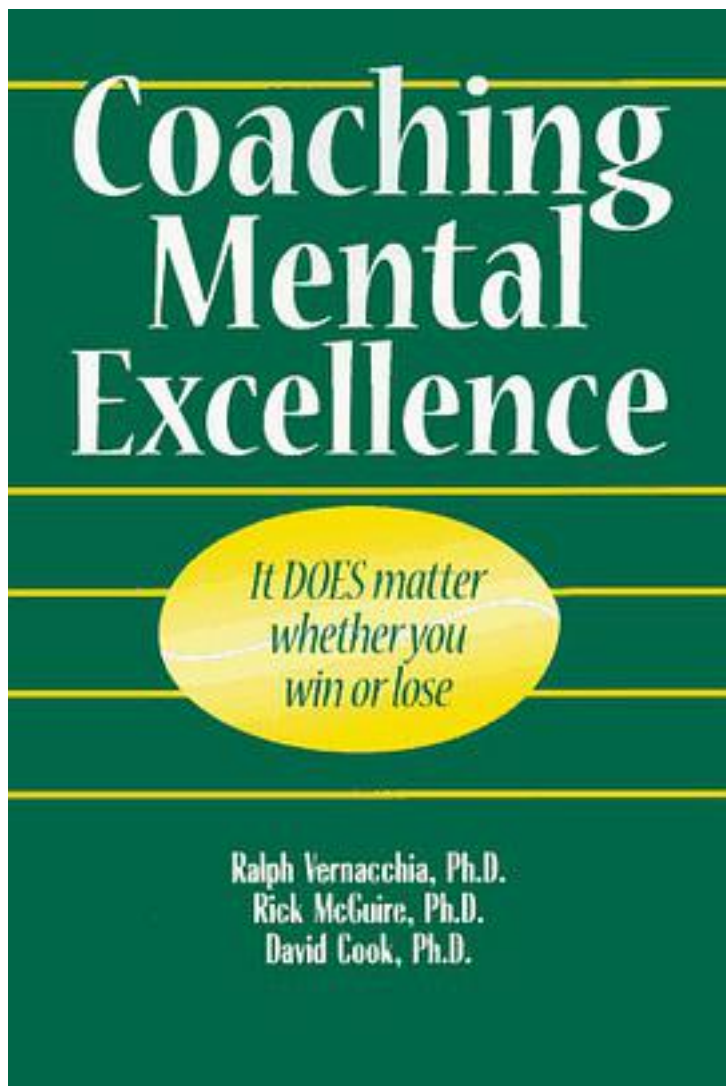


Coaching Mental Excellence



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著者:McGuire, Rick

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A highly readable survey of the major responsibilities, opportunities and challenges involved in coaching today's athlete. It emphasizes the mental techniques known through the latest research in sport psychology to enhance performance and enjoyment in sports.

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