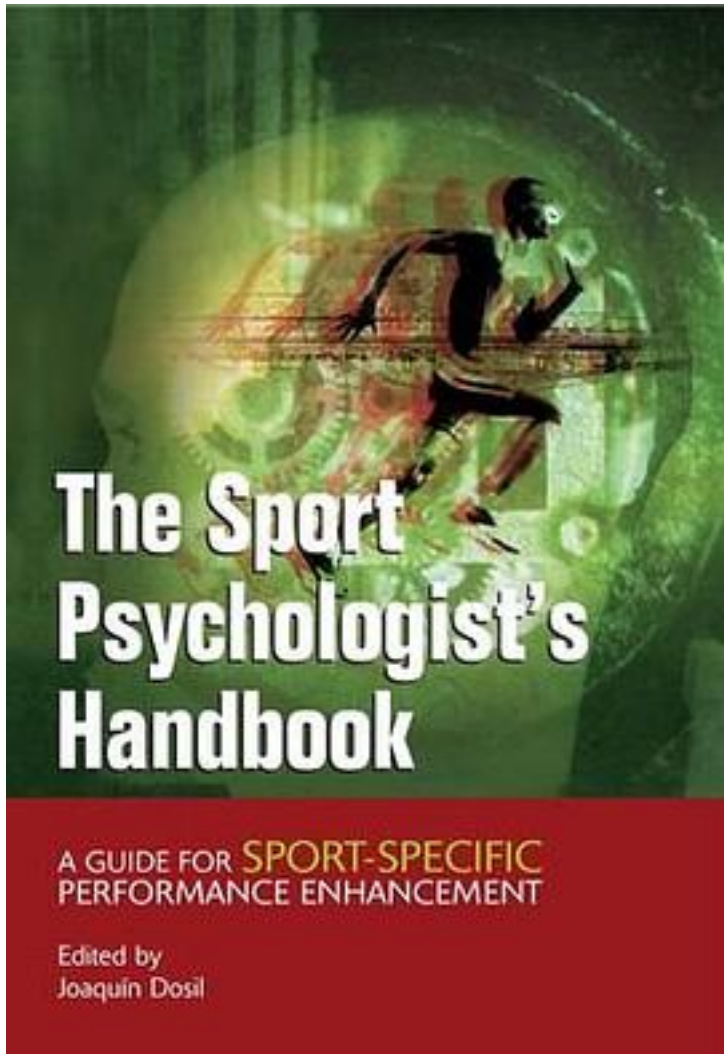


# The Psychology of Sport



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出版者:John Wiley & Sons Inc

出版时间:2006-1

装帧:Pap

isbn:9780470863565

A practical handbook for sports psychologists that outlines the most effective interventions for athletes across a variety of sports. A practical manual for the growing force of sports psychologists helping today's athletes to unprecedented levels of application and success Offers specific guidance on the psychological assessment of athletes, uniquely presented in an accessible sport-by-sport format Written by an experienced practicing sports psychologist and author, who draws on his own methods and experience in the field

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