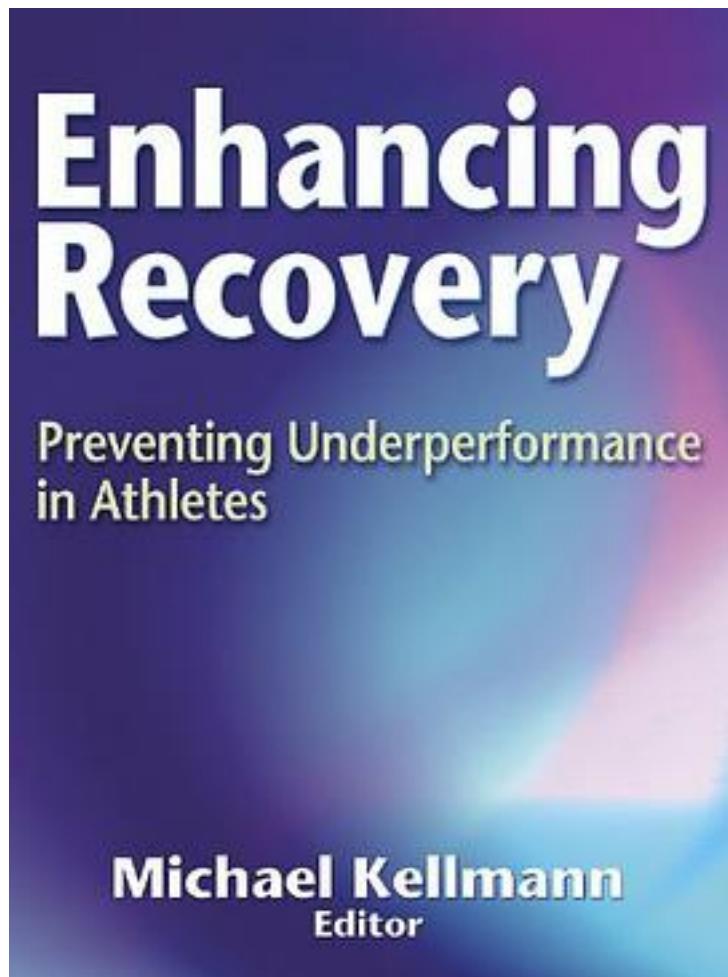


# Enhancing Recovery



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著者:Kellmann, Michael

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This book addresses the multifaceted aspects and significance of recovery in maintaining high performance levels. 11 sports psychologists address the problem of

under-recovery as well as prevention strategies. The text features the integration of empirical psychological and physiological research as well as the use of applied intervention and prevention strategies.

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目录:

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