

The Psychology of Achieving Sports Excellence

Larry M. Leith



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Success in any sport is the result of both physical and mental factors. What can you do from a psychological perspective that can take you to that next level of performance? This book is devoted completely to teaching you the underlying strategies for mental preparation in sport. Each chapter briefly introduces you to the most recent psychological theory, and then gives you the opportunity to apply that theory to enhance your personal sport performance. Once you have mastered these techniques, you will be well on your way to taking your performance to the next level.

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