



## Sports Psychology in Action

*Richard Butler*

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Psychological preparation is now recognised as being of key importance in improving sports performance. This book describes performance profiling methods used by coaches and psychologists and exercises and assessments are presented in an accessible

style. Although based on practical experience, the text is firmly rooted in research. It is therefore an innovative and authoritative book that can be used at both professional and amateur level.

Sports performers continually endeavour to excel at what they do and to break records. Their search for new and innovative techniques which might enable them to achieve these aims is unceasing. This book offers accessible and practical guidance on an

increasingly important and proven approach - the use of mental processes to enhance physical performance. It is now recognised that psychology has a key role in sports, not only in improving performance, but also in helping sportsmen and women attain a

sense of mastery of their discipline. The book explores the important characteristics in top sporting performance and illustrates techniques and exercises designed to assist athletes reach their potential. It should be an essential part of any serious

sports performance preparation. \* Very practical, easy to use, clearly presented \* Based on a model of psychology which emphasises the importance of understanding the performer's view \* All techniques rigorously tested at an elite level 'This is

a book for everyone interested in individual sports performance. I wholeheartedly recommend this book.' - Brit. Assoc. of Sports Sciences News, April 1996

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