



# Applied Sport Psychology: Personal Growth to Peak Performance

*Jean Williams*

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# Applied Sport Psychology: Personal Growth to Peak Performance

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## **Applied Sport Psychology: Personal Growth to Peak Performance** Jean Williams

Drawing on the expertise of many specialists this contributed text is a comprehensive and practical guide to psychological concepts and theories as well as to strategies and techniques designed to help future coaches and sport psychologists cultivate peak performance and personal growth through recent advances in sport psychology. The text's five-part organization focuses on motivation and leadership, social interactions, mental training, program implementation, and issues that go beyond performance enhancement. Contributing authors are experts in their topic, and each chapter has been written specifically for this collection.

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