



## **Sport and Exercise Psychology (Topics in Applied Psychology)**

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# Sport and Exercise Psychology (Topics in Applied Psychology)


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The new edition of *Sport and Exercise Psychology* asks four fundamental questions that get to the heart of this flourishing discipline:

- What inner states influence what people think, feel, and behave?
- How can people manage or self-regulate their own inner states?
- How can sport and exercise psychology professionals help people manage their inner states?
- Is sport psychology just a placebo effect?

Taking an applied perspective that bridges the gap between sport and exercise, the book answers these questions by covering the key topics in the field, including confidence, anxiety, self-regulation, stress and self-esteem. There are also chapters on the role of music in performance, imagery and exercise addiction.

Each chapter is written by an expert in that field, and includes a range of features illustrating specific issues, either within the research literature or their practical application. This is a comprehensive and engaging overview of an evolving discipline, and will be essential reading to any student of sport and exercise psychology. It will also be of huge interest to athletes and coaches seeking an accessible understanding of the role of psychology in sport.

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