



Performance Psychology in Action: Casebook for Working With Athletes, Performing Artists, Business Leaders, and Professionals in High-Risk Occupations

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Expert athletes understand the mind–body connection. For years, they have learned mental skills from coaches, consultants, and other practitioners in order to optimize physical performance. Now, these same mental skills are being taught to a broad range of performers, such as dancers, actors, lawyers, surgeons, business leaders, and rescue workers. The resulting new field of *performance psychology* allows performers from a variety of fields to "get their head out of the way so that their body can do what it's trained to do."

In detail, this book shows the everyday practice of performance psychology. Case by case, the stories demonstrate how consultants have helped performers develop confidence, overcome mental blocks, manage emotions, and use preparation techniques such as imagery and positive self-talk in order to achieve the best possible mental state for performance.

The chapters blend theory and practice by integrating literature reviews with real-world applications, and they cover a wide range of performers, including athletes, performing artists, business leaders, and professionals in high-risk occupations. Extensive session transcripts are provided, including the consultants' thoughts and reactions throughout the session.

Engaging, nuanced, personal, and highly accessible, this book will help practitioners and students from a variety of fields explore performance psychology...in action.

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Typically the book Performance Psychology in Action: Casebook for Working With Athletes, Performing Artists, Business Leaders, and Professionals in High-Risk Occupations has a lot info on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. Mcdougal makes some research previous to write this book. This kind of book very easy to read you can get the point easily after reading this book.

Will Guertin:

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both way of life and work. So , when we ask do people have extra time, we will say absolutely without a doubt. People is human not a robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then do you ever try this one, reading guides. It can be your alternative throughout spending your spare time, the actual book you have read is usually Performance Psychology in Action: Casebook for Working With Athletes, Performing Artists, Business Leaders, and Professionals in High-Risk Occupations.

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