



The Sport Psych Handbook

Shane Murphy

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Athletes' physiques and conditioning levels have advanced significantly in the past decade. Now, it's time for their mental prowess to catch up.

The Sport Psych Handbook makes significant performance improvement possible through training the mind to parallel the body's enhanced development. Experts covering each facet of the mental game present research-based, field-tested approaches to enhance individual and team performance. More specifically, this comprehensive guide will give athletes breakthrough methods to do the following:

- Optimize inner drive for training and competition

- Maintain emotional and mental control for unwavering focus

- Improve communication skills for better leadership and teamwork

- Avoid and overcome slumps, injuries, and other challenges to a successful season

Complement your physical skills with sharper mental skills. Make *The Sport Psych Handbook* part of your training arsenal, and start performing to your potential.

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