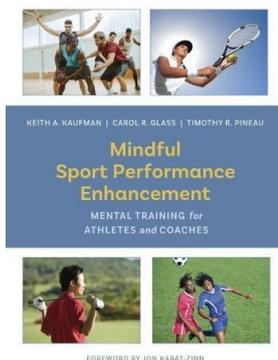


[PDF] Mindful Sport Performance Enhancement: Mental Training For Athletes And Coaches

Keith A. Kaufman, Carol R. Glass, Timothy R. Pineau - pdf download free book



Books Details:

Title: Mindful Sport Performance Enh
Author: Keith A. Kaufman, Carol R. G
Released:
Language:
Pages: 304
ISBN: 1433827875
ISBN13: 9781433827877
ASIN: 1433827875

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

This book serves as a comprehensive resource on the history, theory, and practice of mindfulness in sport. The authors present mindful sport performance enhancement (MSPE), an empirically-

supported, six-session program that can be adapted for specific athletic populations. Each MSPE session includes educational, experiential, and discussion components, as well as instructions for home practice.

Includes handy scripts for mindfulness teachers, athletes, and coaches, and handouts summarizing each session that can be downloaded from APA's website.

- Title: Mindful Sport Performance Enhancement: Mental Training for Athletes and Coaches
 - Author: Keith A. Kaufman, Carol R. Glass, Timothy R. Pineau
 - Released:
 - Language:
 - Pages: 304
 - ISBN: 1433827875
 - ISBN13: 9781433827877
 - ASIN: 1433827875
-