



# **Mental Practice in Sport: Twenty Case Studies (Sports and Athletics Preparation, Performance, and Psychology)**

*Boris Blumenstein, Iris Orbach*

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This book is comprised of seven chapters which centre upon psychological skills training (PST) for various sports and athletes. The authors' past experience in working with sportsmen and sportswomen emphasises the importance of psychological support for athletic performance enhancement and brings together a summary of their theoretical and practical knowledge on this subject. This book consists of twenty case studies which greatly facilitate the translation of psychological theory into everyday practice.

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