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Sommario/riassunto

Sport psychologists working with athletes, teams and sports performers are only as effective as their professional techniques and competencies will allow. This is the first book to offer a detailed and critical appraisal of the conceptual foundations of contemporary professional practice in sport psychology. The book presents a series of reviews of the most up-to-date academic and professional literature on professional practice, exploring issues that all psychologists face when working with clients in sport and offers important evidence-based recommendations for best practice. Key topics c
