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Sommario/riassunto	Increasing numbers of professional teams and athletes look for assistance with the psychological factors of their performance, and there exists a growing body of professional sport psychologists ready to provide support. Despite this, it seems at times there remains a

significant gap between the real needs of sport performers and what is delivered by traditional sport psychology. The existential approach described by Mark Nesti offers a radical alternative to the cognitive and cognitive-behavioural approaches that have dominated sport psychology, and represents the first systematic a
