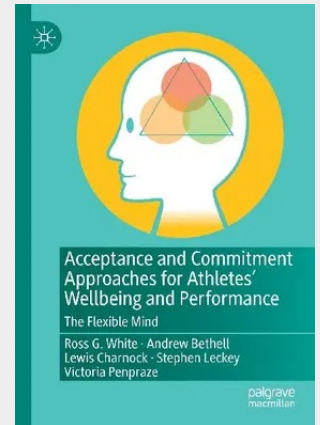


Acceptance and Commitment Approaches for Athletes' Wellbeing and Performance

The Flexible Mind

Elite sport can be an unforgiving and harsh environment. This book explores psychological predictors of wellbeing and performance excellence in elite level athletes, and presents an innovative approach for optimizing mental wellbeing and sporting performance. Jointly developed by performance psychologists, clinical psychologists and sport scientists the *Flexible Mind* approach draws on contemporary psychological theory and research to help athletes build 'psychological flexibility' - the ability to experience challenging thoughts and emotions and still be true to one's values. A range of case studies relating to different sports are used to demonstrate how three core components - Being Present, Being Open and Doing What Matters - can improve athletes' performance and wellbeing. This book will be a game-changing resource for sports psychologists, mental health practitioners, coaches and support staff who are committed to helping athletes to excel and stay well.

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128,39 €
119,99 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9783030649449
Medium: Buch
ISBN: 978-3-030-64944-9
Verlag: Springer
Erscheinungstermin: 19.05.2022
Sprache(n): Englisch
Auflage: 1. Auflage 2021
Produktform: Kartoniert
Gewicht: 411 g
Seiten: 300
Format (B x H): 148 x 210 mm

