



Inside Sport Psychology

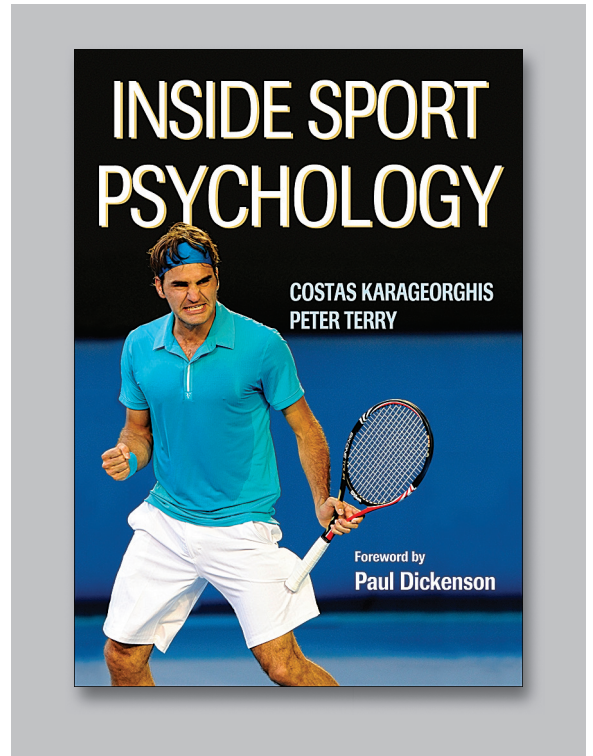
Costas Karageorghis
Peter Terry

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In *Inside Sport Psychology* Dr Costas Karageorghis and Professor Peter Terry present a comprehensive guide to using mental training to maximize sport performance. The authors' applied work has been featured in top newspapers, including *The Times* (London), *The Independent*, *The New York Times* and *The Wall Street Journal*. They have served as consultants to hundreds of athletes at the Olympic and World Championship level, as well as to a number of blue-chip companies.

Presented in a user-friendly format, the guide covers key aspects of sport psychology, including the most effective methods for enhancing performance and preparing mentally for important competitions. Integrating up-to-date research findings with real-life events, the authors include psychological principles associated with over 20 sports, including soccer, rugby, tennis, golf, shooting and track and field. Mental imagery is discussed and a wide variety of visualization exercises included. Tips are given to help athletes adopt a positive mental attitude, as well as how to manage fluctuations in mood to maintain consistency in their performance.

Inside Sport Psychology demonstrates how to apply psychology in a range of sport settings by offering an accessible and evidence-based approach. Explaining what works and what doesn't, it is an ideal resource for athletes and coaches wishing to incorporate sport psychology into training and competition.



'I studied sport psychology under Costas and Peter in the four-year period before I won the superheavyweight gold at the Sydney Olympics. Since then I've enjoyed many high points and experienced a few low points in my professional career, but the principles that those guys taught me while I was at Brunel have always stayed with me. When I damaged my right shoulder and came back against the odds in the 11th to knock out Michael Sprott for the European title, I was thinking "stay calm, focus on the here and now" just like I was taught all those years ago. I knew it was my time to shine again!'

—**Audley Harrison, MBE** Current European heavyweight boxing champion, former Commonwealth and Olympic superheavyweight boxing champion



'While at Brunel I studied sport psychology with both authors. During that period I learned techniques to improve my mental strength and composure under pressure. With the advent of professionalism at the time, those skills put me ahead of my peers. I realized that without psychological preparation, my physical attributes were insufficient. I realized that it was necessary to push myself toward the goals of becoming an international player and, ultimately, of winning the World Cup with England in 2003.'

—**Richard Hill, MBE** Former rugby union player for the England national team (71 caps) and British and Irish Lions (5 caps), 2003 World Cup winner with England

Chapters

1. Sport Psychology Applications
2. The Secrets of Motivation
3. Boosting Self-confidence
4. Anxiety: Friend or Foe?
5. Mood and Emotions
6. Master of Concentration
7. Visualization and Self-Hypnosis
8. The Power of Sound

