

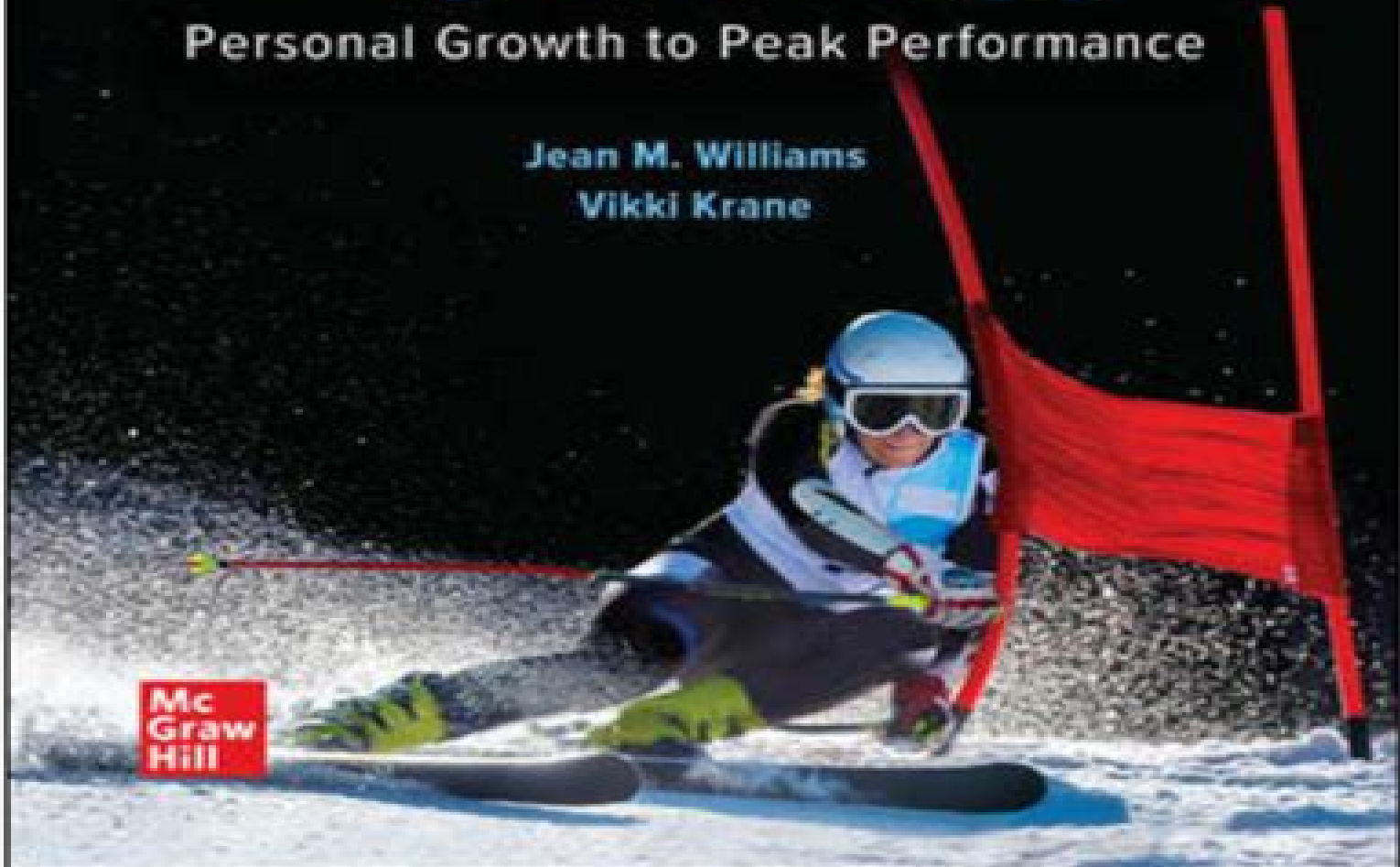
Eighth Edition

# Applied Sport Psychology

Personal Growth to Peak Performance

Jean M. Williams  
Vikki Krane

Mc  
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# Peak Performance 8th Edition

**Vikki Krane, Jean M. Williams,  
Professor**



## **Peak Performance 8th Edition:**

*Applied Sport Psychology* Jean Marie Williams, Vikki Krane, 2020-02 The same important topics focus and organizational structure have been retained for this eighth edition but the revision reflects the latest research practice and anecdotal examples in applied sport psychology In this edition we have added a new chapter on mindfulness We also have taken new approaches to several of the topics The coverage of building confidence and controlling concentration has been updated and extended The chapter on doping previously referred to as drug abuse integrates new conceptualizations on this topic The chapter on athletes career transitions reflects more contemporary theoretical approaches to understanding shifts in athletes focus and experiences during sport careers as well as strategies to assist athletes going through transition periods A new approach also has been taken in the coverage of exercise psychology reflecting an identity approach to understanding exercise behaviors All of the chapters have updated reference lists and integrate the most recent research into the discussion of each topic Also throughout all of the chapters new exercises and case studies have been added to help students think more critically about applied sport psychology and to apply the content to real world situations Current examples have been added to all chapters as well as additional discussion of practical applications reflecting today's coaches and athletes Connect provides additional resources for instructors and has been updated coinciding with the eighth edition of the book Visit Connect to find helpful materials such as a test bank of questions PowerPoint presentations student learning experiences and audiovisual aids The student learning experiences and audiovisual aids can assist instructors in bringing the content to life and applying it to real life situations In all the same important topics focus and organizational structure have been retained for this eighth edition but the revision reflects the latest research practice and anecdotal examples in applied sport psychology Throughout the chapters new exercises learning activities and case studies will help students think more critically and apply the content to real world situations

[Looseleaf for Applied Sport Psychology: Personal Growth to Peak Performance](#) Vikki Krane, Jean M. Williams, Professor, 2020-02-10 Applied Sport Psychology Eighth Edition presents to the reader sport psychological theories strategies and techniques used by coaches and sport psychologists to cultivate peak performance and personal growth Williams and Krane bridge the gap between research and practice by using examples exercises case studies and anecdotes helping students to think more critically and to apply their knowledge to real world situations This Eighth Edition includes a new chapter on mindfulness in sport and updates that reflect the latest statistics and research from the field Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access McGraw Hill Connect is a subscription based learning service accessible online through your personal computer or tablet Choose this option if your instructor will require Connect to be used in the course Your subscription to Connect includes the following SmartBook an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning

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