



Elementi di Psicologia Clinica dello Sport (Italian Edition)

Vincenzo Amendolagine

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La monografia affronta alcuni temi della psicologia clinica dello sport con l'obiettivo di delineare, in maniera semplice, le tecniche psicologiche necessarie per potenziare le performance sportive. Talune delle metodiche descritte possono essere utilizzate nella vita di ogni giorno per migliorare le proprie prestazioni e per vincere le battaglie quotidiane. Il libro insegna a pensare in positivo, a migliorare la propria concentrazione e illustra le strategie opportune per rilassarsi.

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