



Sport Psychology: Contemporary Themes

David Lavalley, John Kremer, Aidan Moran, Mark Williams

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This new edition of *Sport Psychology* combines theory, research, and empirical evidence to provide a comprehensive, introductory text, suitable for core use. All chapters have been updated, reflecting contemporary developments, and new content includes the latest research on metaimagery and self harm in sport, as well as new case examples throughout.

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