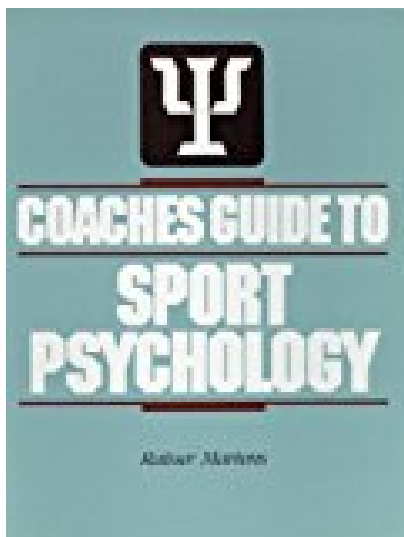


Coaches Guide to Sport Psychology



BOOK DETAILS

- Author : Rainer Martens
- Pages : 208 Pages
- Publisher : Human Kinetics Publishers
- Language : English
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BOOK SYNOPSIS

Philosophy of coaching - Motivation - Leadership skills - Communication skills - Stress management - Developing self-confidence - Goal setting.

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