



The Coach s Toolbox: Using Sports Psychology with Your Kids (Paperback)

By Dr Peter S Pierro

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The basic purpose of this book is to take the ideas that we have discovered about how people learn and how they operate in this world and to use these ideas to help our kids play the game better and enjoy the game more. These ideas are universal-they re present in everything we learn-and they re present in all sports. You don t need a degree in psychology to use them. In fact, I hope you ll keep saying to yourself, This is just good, common sense. There s Sports and there s Psychology and the two fit together very nicely.



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