



## Sport Psychology Library -- Gymnastics (Paperback)

By Karen D. Cogan, Peter Vidmar

Fitness Information Technology, Inc, U.S., United States, 2000. Paperback. Condition: New.

Language: English . Brand New Book. Want to be a better gymnast? Want the mental skills needed to stay focused and the physical skills to maximise your success? Then this is the guide to improving your performance potential. Co-authors Karen D Cogan, sport psychologist and Peter Vidmar, Olympic Gold Medalist -- have combined their experience and expertise to create a teaching guide for aspiring gymnasts of all ages. Many gymnasts have the physical attributes, but often lack the mental skills needed for peak performance level. In this book, Olympians Shannon Miller, Amanda Borden, Jaycie Phelps, Kerri Strug, and Tim Daggett discuss how they used mental skills to become champions.



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