



Winning the Mind Game: Using Hypnosis in Sport Psychology

By John H. Edgette, Tim Rowan

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Hypnosis is an invaluable tool to quickly and effectively influence the subconscious mind and to promote lasting change. Therapists with some knowledge of hypnosis can now begin applying their skills in working with athletes of all ages. This volume contains a wide range of advanced hypnotic interventions that allow the therapeutic techniques to be adopted and used with the athletes. This is an excellent resource for anyone currently using hypnotherapy in their clinical practice and who wishes to expand into sport psychology. The scripts and case studies make it hands-on and practical.

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Bibliography

- Rank: #2055858 in Books
- Brand: Brand: Crown House Publishing
- Published on: 2003-10-01
- Original language: English
- Number of items: 1
- Dimensions: .43" h x 6.12" w x 9.32" l, .68 pounds
- Binding: Paperback
- 174 pages

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Editorial Review

Review

If you are serious about developing an effective sport psychology practice, then this book and its techniques need to be a part of your clinical armament. --Dr. Alan Goldberg, sport psychologist and author of *Sports Slump Busting*

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