



Inside Sport Psychology

By Costas I. Karageorghis, Peter Terry

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With *Inside Sport Psychology*, you'll discover the relationship between mind, body, and performance. Learn about the techniques that have proven successful for today's top athletes and teams and how you can adapt and apply them in both training and competition.

In this essential guide, renowned sport psychologists Costas Karageorghis and Peter Terry explain how to elevate performance through the application of evidence-based strategies and techniques such as these

Goal setting

Reward strategies

Visualization

Self-hypnosis

Managing anxiety

Improving motivation and performance with the use of music

Inside Sport Psychology explains psychological principles associated with over 20 sports, including soccer, rugby, tennis, golf, shooting, and track and field. You'll also find tips for managing mood fluctuations, developing confidence, and maintaining consistent performance at every level of competition.

With *Inside Sport Psychology*, you'll go from competitor to champion!

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"I studied sport psychology under Costas and Peter in the four-year period before I won the superheavyweight gold at the Sydney Olympics. Since then I've enjoyed many high points and experienced a few low points in my professional career, but the principles that those guys taught me while I was at Brunel have always stayed with me. When I damaged my right shoulder and came back against the odds in the 11th to knock out Michael Sprott for the European title, I was thinking, Stay calm, focus on the here and now, just like I was taught all those years ago. I knew it was my time to shine again!"

Audley Harrison, MBE--Current European heavyweight boxing champion, former Commonwealth and Olympic superheavyweight boxing champion

"While at Brunel I studied sport psychology with both authors. During that period I learned techniques to improve my mental strength and composure under pressure. With the advent of professionalism at the time, those skills put me ahead of my peers. I realized that without psychological preparation, my physical attributes were insufficient. I realized that it was necessary to push myself toward the goals of becoming an international player and, ultimately, of winning the World Cup with England in 2003."

Richard Hill, MBE--Former rugby union player for the England national team (71 caps) and British and Irish Lions (5 caps)

2003 World Cup winner with England

"I owe a lot to Peter for my success and ability to deal with the challenges of competing at the highest level of sport. He was an absolute rock throughout my career. He was always available at the other end of the phone to calm my nerves, remind me of the tools and techniques that he had taught me over the years, and strengthen my self-belief. The mental strength that Peter helped me develop is now also standing me in good stead for a life after sport."

Anna Hemmings, MBE--Six-time world champion, three-time European champion, and two-time Olympian kayaker

"Shooting is more of a mental battle than a physical sport. Within three weeks of working with Peter, I set a world record of 193 clays out of 200. In the Olympic shoot-off to decide between gold and silver, I used the techniques he taught me to block everything out and won the gold. I couldn't have done it without Peter."

Richard Faulds, MBE--2000 Olympic gold medalist in double trap-shooting, Current world record holder, Eighteen-time world champion and Nine-time World Cup medalist

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