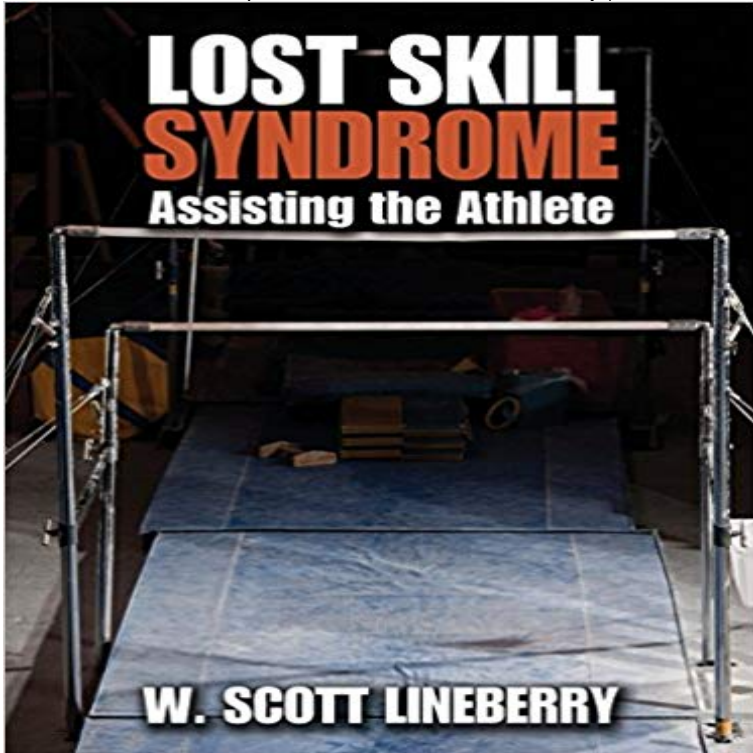


Lost Skill Syndrome: Assisting the Athlete



Many athletes, novice through elite/professional experience Lost Skill Syndrome (LSS). Either suddenly or gradually, a skill that may have been advanced or even basic seems to mysteriously disappear from the athletes repertoire. This book removes the mystery and provides concrete treatment options to help an athlete restore the skill with greater effectiveness. Being the first comprehensive approach to a long ignored sport concern, Lost Skill Syndrome: Assisting the Athlete is written for coaches and mental health providers who work with athletes. Acknowledging the different mental and time demands of interested readers, the book is structured so that the reader can elect to go into as much depth as they choose according to their profession and time.

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