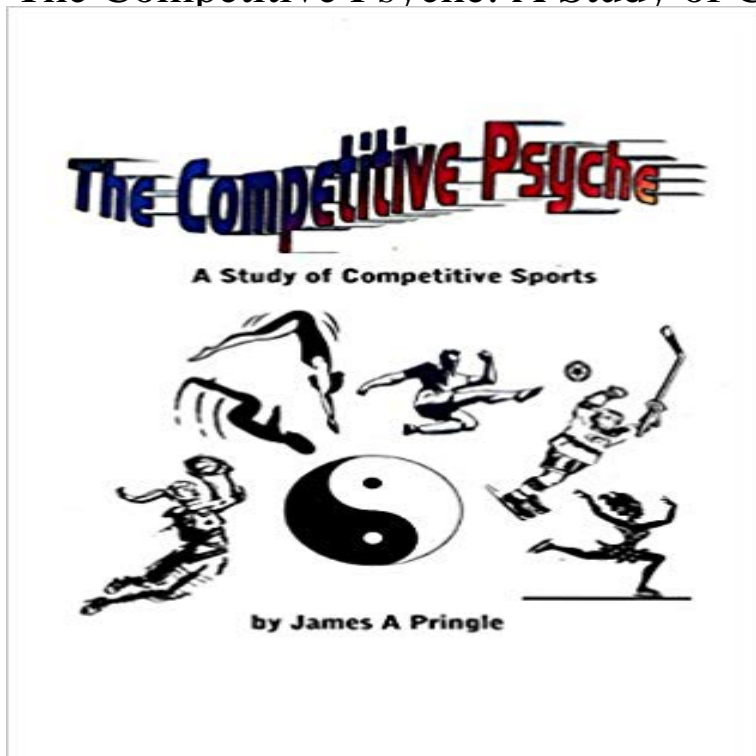


The Competitive Psyche: A Study of Competitive Sports



Throughout the history of competitive sports and life itself, the challenge is the competition within us. The simple tensions of the muscles and the separation of physical and mental awareness leaves athletes unable to function at a degree of proficiency needed to obtain the optimal performance desired. There are many questions to be answered when it comes to the competitive side of the psychology of sports. This book will try to address the important elements which will enable all athletes to understand what constitutes the competitive psyche. The Competitive Psyche will give the athlete a way to cope in a more positive and constructive manner. As you read through the chapters, you will find many new elements to examine. Emphasis on open communication between the athlete, coach, and parent will help to conquer the psychological barriers of competitive sports.

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