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Coaching for the Inner Edge

Robin S. Vealey

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Coaching for the Inner Edge

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Coaching for the Inner Edge Robin S. Vealey
Former collegiate basketball coach and esteemed sport psychology consultant Robin Vealey reinvents the mental coaching game with this comprehensive and innovative textbook designed for both students and professionals alike. In Coaching for the Inner Edge, this former Olympic training consultant draws on and synthesizes a wealth of insider‘s material and knowledge into an easy-to-digest, understandable coaching guidebook. She integrates diverse and current literature, adds her own unique blend of anecdotes and insight, and offers experiential learning activities that go one step beyond your average coaching book. Coaching for the Inner Edge is a must-have for those teaching in coaching education programs or psychology of coaching courses, or for anyone just interested in improving mental performance in sport.

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