

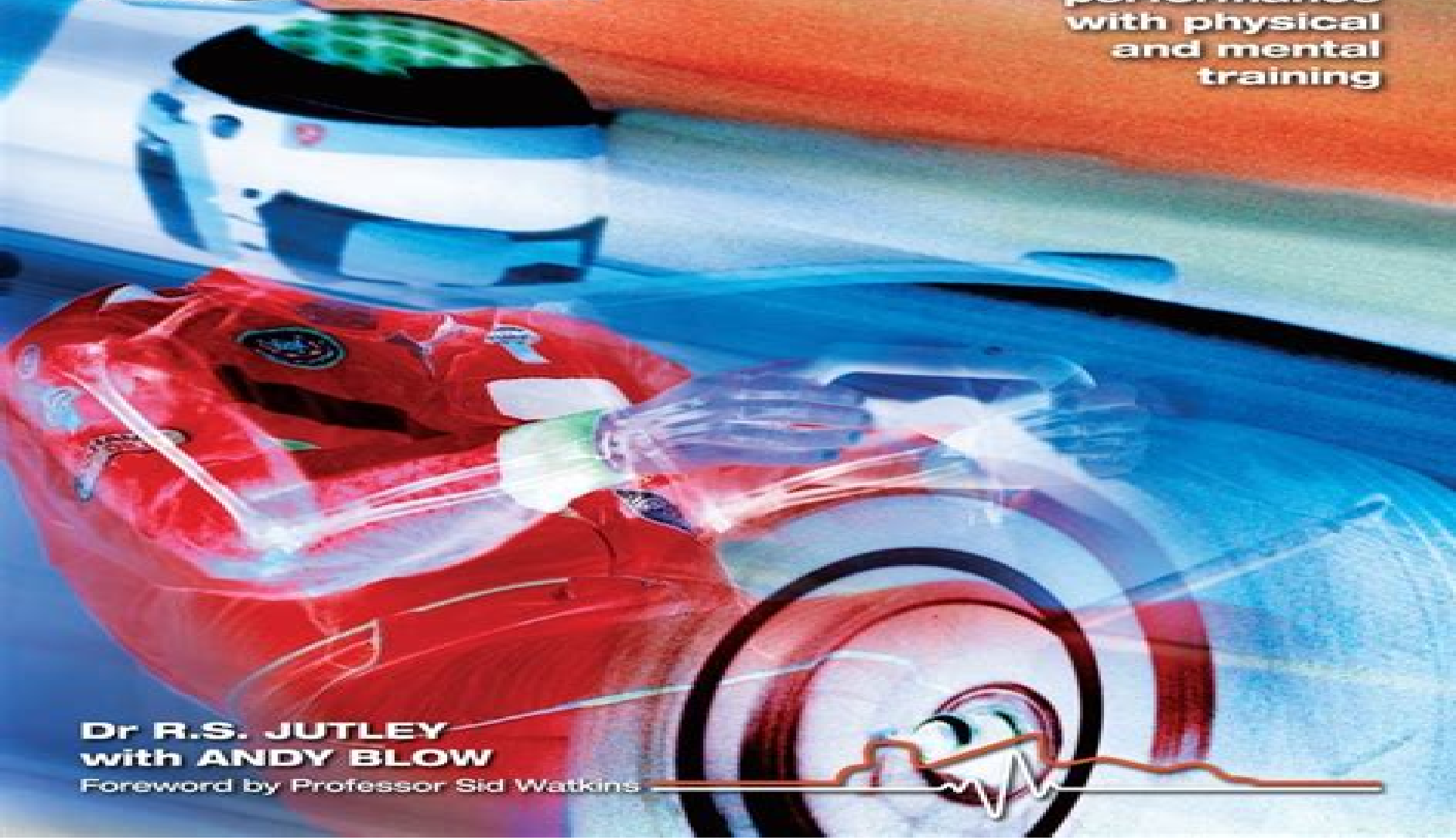
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performance
with physical
and mental
training

Dr R.S. JUTLEY
with ANDY BLOW

Foreword by Professor Sid Watkins



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addictive and extremely exciting activity whether this is from the perspective of competitor or spectator At the highest levels financial backing is phenomenal technical expertise is almost beyond comprehension and pressure to succeed is immense However there is one potential weak link in the chain the human mind Race teams invest heavily in research and development in order to obtain the edge over competitors They endeavour to recruit the most suitable drivers or riders based on experience previous results and potential Awareness of the importance of physical fitness is increasing within motorsport Very few competitors are schooled in the use of psychology to develop the mental strength required to be the best of the best Younger competitors would undoubtedly benefit from elements of Psychological Skills Training while they are learning race craft This applied text aims to provide a psychological skills training package that should with practice improve a competitor's mental approach in preparing for competition The information contained here is accessible to the competitor in motorsport practitioner or student Consequently the text is organized into four distinct yet complementary sections and is written in such a way that the reader will be able to pick up the book at any chapter and make progress depending on his or her needs at the time

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