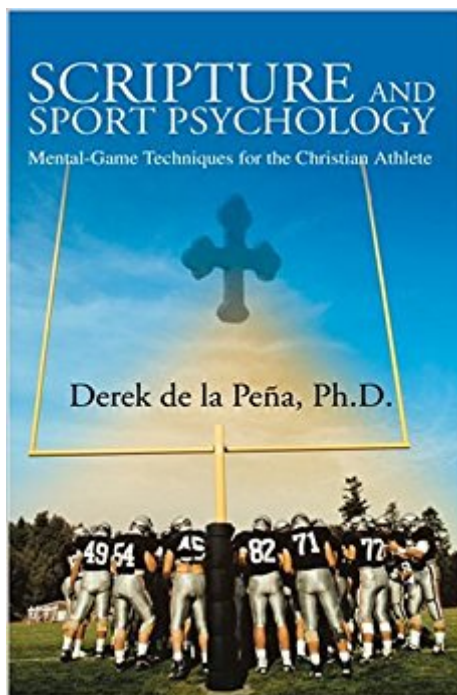




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Scripture And Sport Psychology: Mental-Game Techniques For The Christian Athlete



Synopsis

Scripture and Sport Psychology: Mental-Game Techniques for the Christian Athlete is the first book to combine principles from the Holy Bible and sport psychology literature into a straightforward and practical guide for improving mental skills and athletic performance. Author Dr. Derek de la Peña earned a Ph.D. at the University of Florida in 2001 where he served as the mental-game consultant for the NCAA men's golf national champion Florida Gators. He has since dedicated his knowledge and skills as a mental-game and performance consultant to helping athletes of all ages and levels reach their full potential. Without a strong mental-game, athletes limit their ability to perform optimally. Drawing from enlightening parallels from the Bible and sport psychology research, the author provides effective techniques to enhance the mental fortitude necessary for peak performance. Topics include: Building Confidence, Fueling Purpose and Motivation, Dealing with Adversity, Being a Team Player, Playing in "The Zone". Scripture and Sport Psychology: Mental-Game Techniques for the Christian Athlete is an invaluable resource of principles and practical ways for athletes of all ages to master the art of effective thinking from a Christian perspective.

Book Information

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Customer Reviews

Derek de la Peña earned a Ph.D. from the University of Florida in 2001 in sport and exercise psychology. He teaches psychology classes at the University of Houston and provides mental-game consulting for athletes in a variety of sports.

I highly recommend this book for any athlete!

Dr. Derek de la Pena does a wonderful job of integrating scripture into mental- game techniques that athletes can and should use in preparation and self analysis of their performance. This is a must read for any serious minded athlete who wants to understand how biblically sound doctrine can impact their sports performance.

Awesome and inspiring

Gave this to my 16-year-old grandson who is in to a lot of different sports and he says it is awesome. Gave him a different view of approaching his games and what he can learn from them.

I bought this book for my son -- who is a high school baseball player. I am not an athlete myself but before I gave the book to my son, I decided to read it. I found it to be an extremely pleasurable read, very interesting and I find myself applying the principles at work and in my daily life. On top of that -- my son says the book has really helped him to see certain parts of the game in a new light. I highly recommend this book.

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