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"Synopsis This text provides the practitioner with a new way of thinking about both the relationship between one's inner experiences and high-level human performance, and the ways that professionals can influence that relationship. It is a user-friendly practitioner's guide that will serve as a step-by-step intervention manual, providing all of the theoretical, empirical, and practical tools necessary for using the Mindfulness-Acceptance-Commitment program with a variety of high performing clientele such as: Athletes; Sales People; Emergency/ Military personnel; and Business professionals. Numerous case example, forms, handouts, in and out of session assignments/activities, and verbatim client instructions will be offered. Buchrückseite 275 Alle Produktbeschreibungen"

1 introduction the use of performance enhancing drugs ped and methods among athletes to improve physical performance is as old as the history of sports itself and has been a feature of human petition ever since

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Frank c worrell phd is a professor of school psychology at the university of california berkeley a 2016 2018 member at large of the apa board of directors dr worrell is a former editor of the review of educational research and a 2013 recipient of the distinguished scholar award from

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