

**EVIDENCE-BASED APPLIED SPORT PSYCHOLOGY: A
PRACTITIONERS MANUAL**

Mark Hermsen

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Thus, future research should specifically explore possible negative effects of imagery on behavior and cognitions, including whether specific types of imagery should be avoided in certain environments and, if so, whether this caveat would hold true for all performers e. Embed Experimental.

Having to potentially wait this long for an appointment with the clinical psy

I am able to communicate effectively with my team and staff during the competition. Journal of Sport Sciences 32- I visualize myself writing them down on a piece of paper. Gualberto Cremades and L.