

## Peak performance in sport: Identifying ideal performance states and developing athletes psychological skills

Harmison, Robert J, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20437936&lokasi=lokal>

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### Abstrak

Can psychologists help performers in sport, business, and the performing arts achieve peak performances more often and with greater consistency? Sport psychologists have taken the lead in researching peak performance in an attempt to answer this question.