



Stress and Performance in Sport (Wiley Series in Human Performance and Cognition)

J. Graham Jones

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Stress and Performance in Sport (Wiley Series in Human **Performance and Cognition)**

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Stress and Performance in Sport (Wiley Series in Human Performance and Cognition) J. Graham Jones A collection of studies focusing on the relationship between stress and performance in sport. The first section addresses stress in relation to its effects upon performance, followed by a section on stress management selfregulation in sport.



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