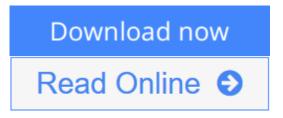


Sport Psychology for Cyclists

By Saul Miller Dr., Peggy Maas Hill, Saul Miller, Peggy Maass Hill



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In eight chapters representing a cycling team's eight sessions with a sports psychologist, this book teaches athletes how to cultivate the thoughts, feelings, and insights necessary for optimal cycling performance. It includes breathing techniques for power and emotional control, tips for handling pressure, and four types of imagery.

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