



Performance Psychology in Action: Casebook for Working With Athletes, Performing Artists, Business Leaders, and Professionals in High-Risk Occupations

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Expert athletes understand the mind–body connection. For years, they have learned mental skills from coaches, consultants, and other practitioners in order to optimize physical performance. Now, these same mental skills are being taught to a broad range of performers, such as dancers, actors, lawyers, surgeons, business leaders, and rescue workers. The resulting new field of *performance psychology* allows performers from a variety of fields to "get their head out of the way so that their body can do what it's trained to do."

In detail, this book shows the everyday practice of performance psychology. Case by case, the stories demonstrate how consultants have helped performers develop confidence, overcome mental blocks, manage emotions, and use preparation techniques such as imagery and positive self-talk in order to achieve the best possible mental state for performance.

The chapters blend theory and practice by integrating literature reviews with real-world applications, and they cover a wide range of performers, including athletes, performing artists, business leaders, and professionals in high-risk occupations. Extensive session transcripts are provided, including the consultants' thoughts and reactions throughout the session.

Engaging, nuanced, personal, and highly accessible, this book will help practitioners and students from a variety of fields explore performance psychology...in action.

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