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and extremely exciting activity, and many

competitors invest heavily in improving and

refining their machinery in order to gain a

competitive edge. However, very few

competitors are schooled in the use of

psychology to develop the mental strength

required to improve their performance, or

indeed to be the best of the best.

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Motorsport is a highly addictive and extremely exciting activity, whether this is from the perspective of competitor or spectator. At the highest levels, financial backing is phenomenal, technical expertise is almost beyond comprehension and, pressure to succeed is immense. However, there is one potential ' weak link ' in the chain: the human mind.

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A book for all motorsport competitors, whether on four wheels or two, as well as for the armchair audience wishing to gain an insight into how competitors at the top level of the sport use psychology to gain an edge. The information is accessible to all with an interest in psychology, whether competitor, practitioner or student. Explanations of key points aided by informative diagrams and photographs. Psychological issues - understanding and turning to advantage concentration and attention ...

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