



# Sport Psychology: From Theory to Practice (3rd Edition)

*Mark H. Anshel*

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The purpose of this text is to link research in sport psychology with techniques to implement the research in real world settings. This is truly an introductory text and assumes the students have less of a background in sport psychology than many competing texts. In addition, the tone of this text is more informal than most competing texts. A strength of the text is that it describes, explains and applies each concept using "real world" examples. Anshel offers a very applied approach, supported by research. NOTE: Anshel points out that none of the competing texts include communications or counseling chapter (his does), an important selling feature. Also, these books lack, "not surprisingly," a sense of humor. Ansel's is very well written, human, accessible book.

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