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Brain and Body in Sport and Exercise: Biofeedback Applications in Performance Enhancement

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With the remarkable technical advances of recent years, the use of highly technical means of sport psychology has gained momentum. Biofeedback (BFB) typifies one of the most important perspective methods of training athletes for better self-control and relaxation.

This book aims to show how BFB techniques can be used with these new devices to provide optimum performance.

? Shows how well-known theory can be used with new, cheap and effective gadgets
? Emphasis of practical applications
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