



Biofeedback & Neurofeedback Applications in Sport Psychology

Benjamin W. Strack, PhD, BCB, Michael K. Linden, BCN, Vietta Sue Wilson

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Biofeedback and neurofeedback hold tremendous potential in sport and performance applications to train the body and mind to work together, but remain underutilized. AAPB's newest book, *Biofeedback & Neurofeedback Applications in Sport Psychology* will teach the practitioner: To apply biofeedback and neurofeedback to athletes and others wanting to gain a competitive advantage. The latest advances in technology and hardware, including wireless equipment options. Protocols specific to individual sports or client populations. Practical exercises are provided to help the athlete/coach/trainer enhance mental skills such as focus and composure. New strategies for the elimination of bad habits. Written by top sport psychologists and experts in the field of biofeedback and neurofeedback, including case studies as well as illustrations and graphs that highlight the use of the authors' techniques, *Biofeedback & Neurofeedback Applications in Sport Psychology* is a must-have reference for today's practitioner interested in helping clients reach their maximum potential.

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