



Performance Psychology: Perception, Action, Cognition, and Emotion

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This book integrates findings from across domains in performance psychology to focus on core research on what influences peak and non-peak performance. The book explores basic and applied research identifying cognition-action interactions, perception-cognition interactions, emotion-cognition interactions, and perception-action interactions. The book explores performance in sports, music, and the arts both for individuals and teams/groups, looking at the influence of cognition, perception, personality, motivation and drive, attention, stress, coaching, and age. This comprehensive work includes contributions from the US, UK, Canada, Germany, and Australia.

- Integrates research findings found across domains in performance psychology
- Includes research from sports, music, the arts, and other applied settings
- Identifies conflicts between cognition, action, perception, and emotion
- Explores influences on both individual and group/team performance
- Investigates what impacts peak performance and error production

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