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## Mind Over Basketball: Coach Yourself to Handle Stress

By Jane Weierbach, Elizabeth Phillips-Hershey, Charles Beyl

American Psychological Association. Paperback. Book Condition: new. BRAND NEW, Mind Over Basketball: Coach Yourself to Handle Stress, Jane Weierbach, Elizabeth Phillips-Hershey, Charles Beyl, Tuck is stressed out. His parents are divorced, he misses his father, and he has moved to a new house and school. When he decides to try out for the basketball team, the neighborhood boys won't let him use 'their' court to practice. With so many problems, Tuck is having a hard time feeling confident and dealing with his upsets. Then Walton shows up. Taking on the role of coach, Walton teaches Tuck not only how to play better basketball, but also how to manage his anxiety and self-doubt. Soon Tuck is feeling in control of his life and focusing his energy on what he loves most. basketball! Using a positive, interactive approach, this book includes informative study guides, exercises to develop confidence and relaxation skills, and self-quizzes, all designed to help kids learn to coach themselves through everyday worry and stress.

### Reviews

*If you need to adding benefit, a must buy book. It is actually rally interesting through reading time period. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- *Olen Mills*

*An extremely awesome ebook with perfect and lucid reasons. This is certainly for all who statte there was not a well worth looking at. Your daily life span will likely be convert as soon as you complete looking over this book.*

-- *Anahi Heaney*