



Psychology of Sports, Exercise and Fitness: Social And Adjustment Issues

Louis Diamant

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This work explores the relationships between the most important areas in sports exercise and fitness (SEF) and the human psychological condition. Taking a holistic approach, the social psychology of sports and the problems of personal adjustment and mental health are discussed by authors from a number of psychological specialities - sport psychopharmacology, clinical, industrial, social development, sports medicine, exercise, physiology, physical education, and philosophy.

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