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11th edition (2023)

the psychological health of competitive athletes is of paramount importance to performance retention and well being in sport and national governing bodies are increasingly concerned with its promotion psychosocial health and well being in high level athletes offers students researchers and practicing sport psychologists an accessible and rigorous grounding in the manifestations of psychosocial health in athletes the threats athletes face to their psychosocial health and the interventions which can be designed to enhance it seeking to guide future research and expand professional understanding of psychosocial issues in sport the book is based on a model of cognitive emotional social and spiritual health it clearly defines these dimensions in a sporting context before discussing pertinent threats such as career transitions injuries and abuse and interventions including adversarial growth life skill interventions prevention and organization policy and mindfulness based interventions providing an innovative and integrated perspective on psychosocial health and well being in competitive sport this book is essential reading for upper level students taking any clinical sport psychology modules and for sport psychologists coaches and administrators working with competitive athletes both our view of seneca s philosophical thought and our approach to the ancient consolatory genre have radically changed since the latest commentary on the *consolatio ad marciam* was written in 1981 the aim of this work is to offer a new book length commentary on the earliest of seneca s extant writings along with a revision of the latin text and a reassessment of seneca s intellectual program strategies and context a crucial document to penetrate seneca s discourse on the self in its embryonic stages the *ad marciam* is here taken seriously as an engaging attempt to direct the persuasive power of literary models and rhetorical devices toward the fundamentally moral project of healing marcia s grief and correcting her cognitive distortions through close reading of the latin text this commentary shows that seneca invariably adapts different traditions and voices from greek consolations to plato s dialogues from the roman

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discourse of gender and exemplarity to epic poetry to a stoic framework so as to give his reader a lucid understanding of the limits of the self and the ineluctability of natural laws tulisan tulisan di dalam buku ini adalah gambaran kekayaan intelektual sekaligus kepekaan sosial religius dari para penulis artikel yang tersaji melalui paparan tajam mengenai dampak dan solusi atas pandemi covid 19 dari berbagai bidang ilmu keberagaman gaya tulis pemaparan ide dan analisa yang tampak dalam buku ini menunjukkan keotentikan tulisan para civitas akademika unika soegijapranata yang dibungkus dengan pemikiran kreatif solusi cerdas serta rasa cinta mendalam akan tanah air setiap tulisan yang disajikan dalam buku ini disarikan oleh masing masing penulis dari paparan yang dikaji di rumah unika sebuah serial diskusi yang menyoroti sekaligus menawarkan solusi kreatif atas beragam fenomena yang muncul sebagai dampak covid 19 mengiringi hangatnya serial diskusi yang telah berlangsung kiranya buku ini dapat memberikan masukan dan wawasan baru bagi setiap pihak yang berkepentingan editor a version of access to health this text emphasizes the essential health information necessary to develop a comprehensive understanding of health promotion and disease prevention the book is presented from a behavioural management perspective providing readers with practical health information mlb nfl nba 20

Psychosocial Health and Well-being in High-Level Athletes 2019-05-03

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Healing Grief 2022-12-31

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tulisan tulisan di dalam buku ini adalah gambaran kekayaan intelektual sekaligus kepekaan sosial religius dari para penulis artikel yang tersaji melalui paparan tajam mengenai dampak dan solusi atas pandemi covid 19 dari berbagai bidang ilmu keberagaman gaya tulis pemaparan ide dan analisa yang tampak dalam buku ini menunjukkan keotentikan tulisan para civitas akademika unika soegijapranata yang dibungkus dengan pemikiran kreatif solusi cerdas serta rasa cinta mendalam akan tanah air setiap tulisan yang disajikan dalam buku ini disarikan oleh masing masing penulis dari paparan yang dikaji di rumah unika sebuah serial diskusi yang menyoroti sekaligus menawarkan solusi kreatif atas beragam fenomena yang muncul sebagai dampak covid 19 mengiringi hangatnya serial diskusi yang telah berlangsung kiranya buku ini dapat memberikan masukan dan wawasan baru bagi setiap pihak yang berkepentingan editor

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