



## The Psychology Of Enhancing Human Performance

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**Category :** Psychology / **Total Pages :** 312 pages

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**Summary :** Free the psychology of enhancing human performance pdf download - the mac approach developed by connecting the more traditional scientific knowledge base on human performance and self-regulation to more contemporary findings to do with meta-cognitive processes emotion regulation and acceptance-based behavioral interventions written by the originators of the mac model this book will provide both the necessary theory empirical background and a structured step-by-step easy-to-use protocol for the understanding assessment conceptualization and enhancement of human performance it is a protocol that can be readily adapted for a wide variety of high-performing clientele--from athletes and business people to sales people professionals in a variety of fields and emergency military personnel the material can be integrated by practicing clinicians as an adjunctive intervention strategy to help clients with specific performance problems numerous case examples forms handouts in- and out-of-session assignments and activities and verbatim client instructions are included

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