



Foundations of Exercise Psychology

Bonnie G. Berger, Robert S. Weinberg, Robert C. Eklund

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The world-renowned authorship team of Bonnie G. Berger and Robert S. Weinberg welcome fellow highly esteemed scholar Robert C. Eklund to this third update of one of the fundamental texts on exercise psychology. In this new edition, the authors expand upon the key concepts and models of the field, focusing on the interrelationships between exercise and psychology. Students moving toward the exercise professions will gain a solid background in key issues surrounding exercise and health and make great strides forward in becoming competent and compassionate practitioners.

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