



# Sport Psychology: From Theory to Practice

By Mark H. Anshel

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## **Editorial Review**

### **From the Back Cover**

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### **About the Author**

**Dr. Mark H. Anshel** is a professor in the Department of Health, Physical Education, Recreation, and Safety at Middle Tennessee State University, where he teaches graduate and undergraduate courses in sport and exercise psychology, and graduate courses in research methods. His extensive experience as a practitioner makes him unique among highly published academics. Dr. Anshel combines his experience as a teacher and researcher with more than 20 years experience as a sport psychologist, counseling male and female athletes at the amateur, university, Olympic, and professional level.

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