

Sport Psychology

Recommended Readings List

- Mind Gym: An Athlete's Guide to Inner Excellence – Gary Mack
- 10-Minute Toughness: The Mental Training Program for Winning Before the Game Begins – Jason Selk
- The Champion's Mind: How Great Athletes Think, Train, and Thrive – Jim Afremow
- Mindset: The New Psychology of Success – Carol Dweck
- The Art of Mental Training - A Guide to Performance Excellence D. C. Gonzalez
- With Winning in Mind: The Mental Management System – Lanny Bassham
- The Mindful Athlete: Secrets to Pure Performance – George Mumford
- Relentless: From Good to Great to Unstoppable – Tim S. Grover
- How Champions Think: In Sports and in Life – Dr. Bob Rotella
- The Mental Edge: Maximize Your Sports Potential with the Mind-Body Connection – Kenneth Baum
- Winning: The Unforgiving Race to Greatness – Tim S. Grover
- The Mamba Mentality: How I Play – Kobe Bryant
- Can't Hurt Me: Master Your Mind and Defy the Odds – David Goggins
- Grit: The Power of Passion and Perseverance – Angela Duckworth
- The Last Season: A Team In Search of Its Soul – Phil Jackson
- Driven from Within – Michael Jordan
- Feel the Fear and Do It Anyway – Susan Jeffers
- The Champion's Comeback: How Great Athletes Recover, Reflect, and Re-Ignite – Jim Afremow
- The Sports Gene – David Epstein
- Peak - The New Science of Athletic Performance That is Revolutionizing Sports – Dr. Marc Bubbs
- How Bad Do You Want It? Mastering the Psychology of Mind over Muscle – Matt Fitzgerald
- The Genius of Athletes - Noel Brick, Scott Douglas
- Mind Games – Annie Vernon
- Mental Toughness: The Mindset Behind Sporting Achievement – Michael Sheard
- Man's Search for Meaning - Victor Frankl
- Artist of Life - Bruce Lee
- The TB12 Method – Tom Brady
- Inner Excellence – Jim Murphy
- Ten Minute Toughness – Jason Selk
- The Boys in the Boat – Daniel James Brown
- Reach for the Summit – Pat Summit
- Far Beyond Gold – Sydney McLaughlin
- Elevate and Dominate – Deion Sanders
- The Leadership Secrets of Nick Saban – John Talty
- The Let Them Theory – Mel Robbins
- The Art of Letting Go – Nick Trenton
- Don't Believe Everything You Think – Joseph Nguyen
- The Unstoppable Athlete – Andrew Simpson