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Overview Main description. Applied Sport Psychology was written to introduce readers to psychological theories and techniques that can be used to enhance performance

Summary: Jean Williams is the author of Applied Sport Psychology: Personal Growth to Peak Performance, published 2009 under ISBN 9780073376530 and 0073376531.

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Jenifer Sult has wanted to sew for a living since she was a child. When she was 10, she bought a vintage sewing machine from a yard sale with her allowance and used

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