

Sport Psychology-Related Trainee and Development Books

- Eubank, M., & Tod, D. (2017). *How to become a sport and exercise psychologist*. Abingdon, UK: Routledge.
- McCarthy, P., & Jones, M. (Eds.) (2013). *Becoming a sport psychologist*. Abingdon, UK: Routledge.
- Cremades, J. G., & Tashman, L. S. (Eds.) (2014). *Becoming a sport, exercise, and performance psychology professional: A global perspective*. New York City, NY: Psychology Press.
- Keegan, R. (2015). *Being a sport psychologist*. London: Palgrave Macmillan.
- Ingham, S. (2016). *How to support a champion: The art of applying science to the elite athlete*. Simply Said.
- Hemmings, B., & Holder, T. (Eds.) (2009). *Applied sport psychology: A case-based approach*. Chichester, UK: John Wiley and Sons.
- Cotterill, S, Weston, N., & Breslin, G. (Eds.) (2016). *Sport and exercise psychology: Practitioner case studies*. Chichester, UK: John Wiley and Sons.
- Cremades, J. G., & Tashman, L. S. (Eds.) (2016). *Global practices and training in applied sport, exercise, and performance psychology: A case study approach*. Abingdon, UK: Routledge.
- Lane, A. M., Godfrey, R. J., Loosemore, M., & Whyte, G. P. (Eds.) (2014). *Case studies in sport science and exercise medicine*. CreateSpace Independent Publishing Platform.
- Aoyagi, M. W., Poczwardowski, A., & Shapiro, J. L. (2017). *The peer guide to applied sport psychology for consultants in training*. Abingdon, UK: Routledge.
- Knowles, Z., Gilbourne, D., Cropley, B., & Dugdill, L. (Eds.) (2014). *Reflective practice in the sport and exercise sciences*. Abingdon, UK: Routledge.

Popular Sport-Related Books

- Epstein, D. (2014). *The sports gene: Talent, practice and the truth about success*. London: Yellow Jersey.
- McClusky, M. (2015). *Faster, higher, stronger: The new science of creating superathletes, and how you can train like them*. New York City, NY: Plume.
- Cooper, C. (2013). *Run, swim, throw, cheat: The science behind drugs in sport*. Oxford, UK: Oxford University Press.

Popular Sport Psychology-Related Books

- Hemery, D. (1991). *Sporting excellence: What makes a champion?* London: CollinsWillow.
- Syed, M. (2017). *The greatest: The quest for sporting perfection*. London: John Murray.
- Woodward, C. (2004). *Winning!* London: Hodder & Stoughton.
- Beveridge, H., & Hunt-Davies, B. (2011). *Will it make the boat go faster? Olympic-winning strategies for everyday success*. Kibworth, UK: Matador.
- Kerr, J. (2013). *Legacy*. London: Constable & Robinson.
- Syed, M. (2010). *Bounce: The myth of talent and the power of practice*. New York City, NY: HarperCollins.
- Oakley, B. (2014). *Podium: Sporting champions' paths to the top*. London: Bloomsbury.
- Slot, O., Timson, S., & Warr, C. (2017). *The talent lab: The secret to finding, creating and sustaining success*. London: Ebury Press.
- Gogarty, P., & Williamson, I. (2009). *Winning at all costs: Sporting gods and their demons*. London: JR Books.
- Papineau, D. (2018). *Knowing the score: How sport teaches us about philosophy (and philosophy about sport)*. London: Constable.
- Smith, E. (2009). *What sport tells us about life*. London: Penguin.

Popular Performance Psychology-Related Books

- Campbell, A. (2016). *Winners: And how they succeed*. London: Arrow.
- Coe, S. (2010). *The winning mind: What it takes to become a true champion*. London: Headline.
- Brooks, D. (2011). *The social animal: A story of how success happens*. New York City, NY: Random House.
- Wiseman, R. (2009). *59 seconds: Think a little, change a lot*. London: Macmillan.
- Peters, S. (2012). *The chimp paradox: The mind management programme to help you achieve success, confidence and happiness*. London: Vermilion.
- Lindsay, P., & Bawden, M. (2017). *Pig wrestling: Clean your thinking to create the change you need*. Hathersage, UK: Mindflick.
- Dweck, C. (2007). *Mindset: The new psychology of success*. New York, NY: Ballantine.
- Syed, M. (2018). *You are awesome: Find your confidence and dare to be brilliant at (almost) anything*. London: Wren & Rook.
- Syed, M. (2018). *The you are awesome journal: Dare to find your confidence (and maybe even change the world)*. London: Wren & Rook.
- Colvin, G. (2008). *Talent is overrated: What really separates world-class performers from everybody else*. New York City, NY: Portfolio.
- Coyle, D. (2010). *The talent code: Greatness isn't born. It's grown*. London: Arrow.
- Ericsson, A., & Pool, R. (2017). *Peak: How all of us can achieve extraordinary things*. New York City, NY: Vintage.
- Gladwell, M. (2009). *Outliers: The story of success*. London: Penguin.
- Syed, M. (2015). *Black box thinking: Marginal gains and the secrets of high performance*. London: John Murray.
- Smith, E. (2012). *Luck: What it means and why it matters*. London: Bloomsbury.

These sources were recommended by a Performance Psychologist from the National Centre for Sport and Exercise Medicine.