 Profiles In Saltwater Angling: A History Of The Sport--its People And Places, Tackle And Techniques

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My boyfriend, an avid golfer, always says that golf is mainly a game of the brain. That is, your mental state has a lot to do with your success on the course. And, not surprisingly, it’s like that with other sports. Psychology can give players an edge. As Ludy Benjamin and David Baker write in From Séance to Science: A History of the Profession of Psychology in America, "Indeed, in so many instances when physical talents seem evenly matched, it is the mental factors that will make the difference in winning or losing." That’s where sport psychology, also sometimes referred to as sports psycho