



# Sport and Exercise Psychology

*The Key Concepts*

SECOND EDITION

Ellis Cashmore

ROUTLEDGE



KEY GUIDES

# SPORT AND EXERCISE PSYCHOLOGY

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**Ellis Cashmore** is Professor of Culture, Media and Sport at Staffordshire University, UK, and author of *Making Sense of Sports* as well as biographies, such as *Beckham* and *Tyson: Nurture of the Beast*.

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The Key Concepts

Second Edition

*Ellis Cashmore*



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