

Our 5 Sports Psychology Books Worth Reading

Five practical reads for mindset, confidence, focus, culture and sustained performance

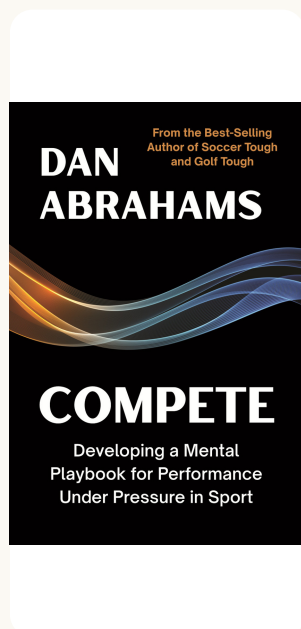
THE FIVE BOOKS

1 | WORTH READING

Compete

Dan Abrahams

A practical guide to performing under pressure. Abrahams helps athletes build a personal mental playbook for confidence, focus, emotional control and responding effectively in competition.



BUY - US

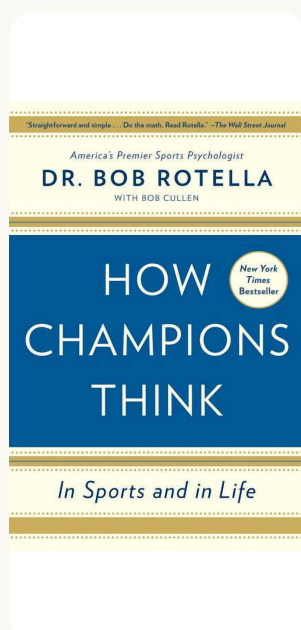
BUY - EUROPE

2 | WORTH READING

How Champions Think

Dr Bob Rotella with Bob Cullen

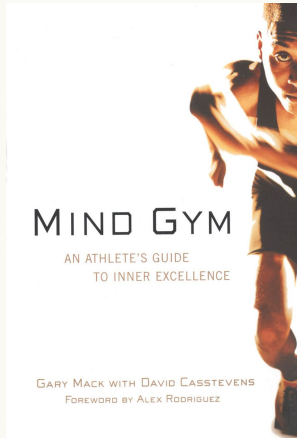
Rotella explains how elite performers develop confidence, optimism and commitment. Its lessons on self-image, selective memory and purposeful thinking apply equally well in sport and everyday life.



BUY - US

BUY - EUROPE

Sports Psychology - continued



3 | WORTH READING

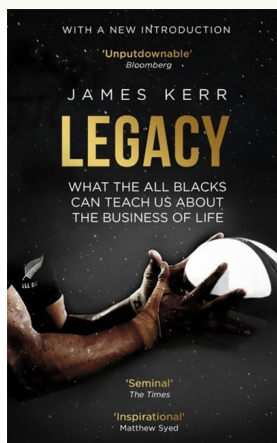
Mind Gym

Gary Mack with David Casstevens

A highly accessible collection of short lessons on mental toughness. Mack uses stories from elite sport to explore focus, preparation, composure, belief and performing one moment at a time.

BUY - US

BUY - EUROPE



4 | WORTH READING

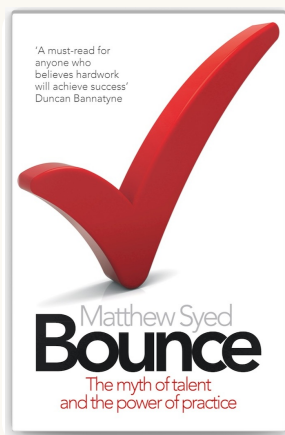
Legacy

James Kerr

Fifteen leadership lessons drawn from the culture of New Zealand's All Blacks. Strong on humility, standards, identity, shared responsibility and leaving an organisation better than you found it.

BUY - US

BUY - EUROPE



5 | WORTH READING

Bounce

Matthew Syed

A compelling challenge to the myth of natural talent. Syed combines research and sporting examples to show how purposeful practice, opportunity and learning shape exceptional performance.

BUY - US

BUY - EUROPE