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Leif H. Smith, PsyD
Todd M. Kays, PhD



Sports Psychology FOR **DUMMIES®**

by Leif H. Smith, PsyD, and
Todd M. Kays, PhD



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Dedication

This book is dedicated to Aiden and Gable Smith, my boys and my greatest teachers, and to Todd Kays, who shared my dream of getting this book in the public's hands.

—Leif H. Smith, PsyD

This book is dedicated to the numerous people who have inspired me in my journey, including my family, Kathy, Jake, Charley, Bill, Mark, Jenny, Jeff, Paul, Don, Tom, and Naomi. And to my coauthor, Leif — it has been a blast, and I look forward to many years of continuing to advance the field together. I would not be here without all of you.

—Todd M. Kays, PhD

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