

# Psyched To Win By Robert M. Nideffer

**By Robert M. Nideffer**

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Oct 01, 2014 Robert M. Nideffer. focus to improve the performance of individual athletes as well as teams. His other popular works include Psyched to Win and

Robert M. Nideffer is the author of Psyched To Win (2.33 avg rating, 3 ratings, 1 review, published 1992), Assessment in Sport Psychology (5.00 avg rating)

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Dr. Nideffer refers to Centering in chapter 8 of Psyched to Win as a technique, borrowed from the martial arts, whose purpose is to instill feelings of

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was established in 1977 and incorporated in 1997 by Dr. Robert M. Nideffer, and Psyched to Win . Founded in 1984 by Dr. Robert Nideffer,

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