

Sports Psychiatry: Strategies for Life Balance and Peak Performance

Editor: David R. McDuff.

Bibliographic Data: ISBN: 978-1-58562-415-7; 2012 by American Psychiatric Publishing, Arlington, USA, 288 pages, paperback, \$59.00.

Subjects: Competitive Athletes, Team Sports, Psychiatric Aspects.

Description: *Sports Psychiatry: Strategies for Life Balance and Peak Performance* is an important read for understanding the mental and emotional dimensions of sports competition and management.

Purpose: The goal of the book is to provide sports-specific knowledge necessary to help competitive athletes and coaches deal with adversity and the multitude of emotions that sports can elicit.

Audience: The book is best for mental health providers, athletic trainers, and sports medicine practitioners involved in the care of athletes. The book is also helpful for the athletes themselves.

Features: The book is composed of 10 chapters and includes illustrative 13 tables and 9 figures. The follow-

ing topics are addressed in the chapters: Chapter 1 is "Scope of practice", Chapter 2 is "Mental preparation", Chapter 3 is "Stress recognition and control", Chapter 4 is "Energy regulation", Chapter 5 is "Substance use and abuse", Chapter 6 is "Injury recovery and pain control", Chapter 7 is "Common mental disorders", Chapter 8 is "Teams, medical staff, and sports leadership", Chapter 9 is "Developmental and cultural competence", and Chapter 10 is "Evidence base and future directions". Two appendixes follow Chapter 5 and 8 comprising the issues on "Fact sheets on substance use and sports" and "Symptoms screening form".

Assessment: The editor to this book is a highly knowledgeable clinical professor of psychiatry with vast experience in sports psychiatry. Each chapter of the book contains several useful case studies and has key clinical points and references at the end. This guide covers practical strategies for supporting and attaining peak performance.

Reviewed by: *Ufuk Sekir, MD, Prof., Department of Sports Medicine, Medical School of Uludag University, Bursa, Turkey*