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A book for all motorsport competitors, whether on four wheels or two, as well as for the armchair audience wishing to gain an insight into how competitors at the top level of the sport use psychology to gain an edge. The information is accessible to all with an interest in psychology, whether competitor, practitioner or student. Explanations of key points aided by informative diagrams and photographs. Psychological issues - understanding and turning to advantage concentration and attention ...

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Paul Castle is the author of Psychology of Motorsport Success (4.50 avg rating, 4 ratings, 0 reviews, published 2008), Shooty Dog Thing (4.67 avg rating,...

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