

Hello to everyone, The following list of books is intended to help you on your way as a coach. This list is grouped into categories. The titles within the categories are both academic and applied and have a variety of strengths. If you are interested in a specific topic or application area that requires more study, you are welcome to e-mail me. There is a plethora of information in our world that we must all wade through to gain insight and wisdom. This list is indented to help you on your journey

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General Academic Performance Psychology Books

Anshel, M. H. (1990). *Sport psychology: From theory to practice*. Scottsdale, AR: Gorsuch Scarisbrick.

Cox, R. (1985). *Sport psychology: Concepts and application*. Dubuque, IA: Wm. C. Brown.

Gill, D. L. (1986). *Psychological dynamics of sport*. Champaign, IL: Human Kinetics.

Schubert, F. (1986). *Psychology from start to finish*. Toronto: Sport Books.

Singer, R. N., Murphey, M., & Tenant, L. K., (1993). *Handbook of research on sport psychology*. Sponsored by the International Society of Sport Psychology. New York: Macmillan Publishing.

Williams, J. M., (1993). *Applied sport psychology: Personal growth to peak performance*. Mountain view, CA: Mayfield.

Bandura, A. (1977). Self-efficacy. Toward a unifying theory of behavioral change. Psychological Review, 84, 191-215.

Bandura, A. (1982). Self-efficacy mechanism in human agency. American Psychologist, 37, 122-147.

Bandura, A. (1990). Perceived self-efficacy in the exercise of personal agency. Journal of Applied Sport Psychology, 2, 128-163.

Bandura, A. (1997). Self-Efficacy: The exercise of Control. W.H. Freeman and Company; New York.

Csikszentmihalyi, M. (1990). Flow: The psychology of the optimal experience. New York: Harper & Row.

Csikszentmihalyi, M. (1996). Creativity: Flow and the psychology of discovery and invention. New York: Harper & Row.

Csikszentmihalyi, M. (2003). Good Business; Leadership flow and the making of meaning. Viking press.

Davis, M., Robbins Eshelman, E. & McKay, M. (2000). The Relaxation & Stress Reductions Workbook. New Harbinger Publications.

Eklund, R. C., Gould, D., & Jackson, S. A. (1993). Psychological foundations of Olympic wrestling excellence: Reconciling individual differences and nomothetic characterization. Journal of Applied Sport Psychology, 5, 35-47.

Feltz, D. (1988). Self-confidence and sport performance. Exercise and Sport Sciences Review, 16, 423-457.

Feltz, D.L. & Weiss, M.R. (1982). Developing self-efficacy through sport. JOPERD. March 24-26.

Hanin, Y.L. & Syrjä, P. (1996). Predicted, Actual and Recalled Affect in Olympic-level Soccer Players: Idiographic Assessments on Individualised Scales. Journal of Sport and Exercise Psychology. 18 (3), pp. 325-335.

Hanin, Y.L. & Syrjä, P. (1996). Predicted, Actual and Recalled Affect in Olympic-level Soccer Players: Idiographic Assessments on Individualised Scales. Journal of Sport and Exercise Psychology. 18 (3), pp. 325-335.

Weinberg, R. & Gould, D. (1999). Foundations of Sport and Exercise Psychology. Human Kinetics.

Books on Positive Psychology

Armstrong, Lance. (2001). Its not about the bike. Berkely Press

Butler, G. & Hope, T. (1995). Managing your Mind: Mental fitness guide. Oxford Press

Butler, T. (2007). Getting Unstuck: How dead ends become new

paths. Harvard Business School Press, Boston, MA

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Banister, R. (1955). The Four Minute Mile, Lyons & Burford. New York

Bell, K. (1980). The nuts and bolts of: Psychology for swimmers. Austin, TX: Keel Publications

Bell, K. (1982b). Winning isn't normal. Austin, TX: Keel Publications

Bell, K. (1982a February). Motivation and training, Swimming Technique, pp. 16-20.

Bell, K. (1983a). Championship thinking. Englewood Cliffs, NJ: Prentice Hall.

Bell, K. (1983b). Target on gold. Austin, TX: Keel Publications.

Counsilman, J. E. (1968). The science of swimming. Englewood Cliffs, NJ: Prentice/Hall.

Chungliang, A.H. & Lynch, J. (1992). Thinking Body Dancing Mind. Bantam, New York.

Dweck, C. (2006). Mindset: The new psychology of Success. Random House, New York.

Garfield, C. A., & Bennet, H. Z. (1984). Peak performance: Mental training techniques of the worlds greatest athletes. Los Angeles: Tarcher.

Harris, D. V., & Harris, B. L. (1984). The athletes guide to sports psychology: Mental skills for physical people, Champaign, IL: Leisure Press.

Liggett, D. (2000). Sport Hypnosis. Human Kinetics

Ellis, E. & Harper, R. (1961). A guide to rational Living. Wilsire Book Company

Hogg, J.M. (1995). Mental Skills for Swim Coaches: A coaching text on the psychological aspects of competitive swimming.

Sport Excel Publishing Inc. Edmonton, Alberta.

Millman, D. (1993). The Life you were born to live. HJ. Kramer

Millman, D. (2005). The Journeys of Socrates. Harper Collins.

Maddi, S. & Khoshaba, D. (2005). Resilience at Work. AMACOM, New York.

McCormack, M. (1984). What they don't teach you at Harvard Business School. Bantam Books

Maxwell, J.C. (2002). Your Roadmap for Success. Thomas Nelson Printing

Nideffer, R. M. Psyched to win. (1992). Champaign, IL: Leisure Press.

Nideffer, R. M., & Sharpe, R.C. (1978). A.C.T. Attention control training: How to get control of your mind through total concentration. New York: Wyden Books.

Orlick, T. (1986). Psyching for sport: Mental training for athletes. Champaign IL: Leisure Press.

Orlick, T. (1998). Embracing Your Potential. Human Kinetics: Champaign, IL.

Pelletier, K. (1994), Sound Mind Sound Body. Fireside, Simon and Schuster.

Ravizza, K. & Hanson, T. (1995). Heads Up Baseball: Playing the game one pitch at a time. Masters Press, Chicago, IL.

Vernacchia, R.A. (2003) Inner Strength. The mental Dynamics of Athletic performance. Warde , Palo Alto.

Wooden J and Carty Jay. (2003) Coach Wooden: One on One. Regal Press

Wooden, J. (1972). They Call me Coach. Bantam Books, New York NY.

Training Theory and Periodization

Bompa, T. O. (1990). Theory and methodology of training: The key to athletic performance (2nd ed.), Dubuque, IA: Kendall/Hunt.

Goldenberg, L. & Twist, P. (2007). Strength Ball Training. Human Kinetics, Champaign, IL.

Harre, D. (1982). Principles of sport training. Berlin, Germany: Sportverlag.

Lacey, J. I., & Lacey, B. C. (1958). Verification and extension of the principle of autonomic response stereotypy. American Journal of Psychology, 71, 50-73.

Loehr, J.E. (1994). The new toughness training for sport. Dutton,

Matveyev, L. (1981). Fundamentals of sports training. (A. P. Zdirnyth, Trans.). Moscow, Union of Soviet Socialist Republics: Progress Publishers.

Leadership and Group Dynamics

Buckingham, M. & Coffman, C. (1999). First Break all the Rules: What the Worlds greatest managers Do differently. Simon & Schuster, New York.

Chelladurai, P. (1984). Leadership in sports. In J. M. Silva & R. S. Weinberg (Eds.), Psychological Foundations Sport (pp. 329-338). Champaign, IL: Human Kinetics.

Collins, J. (2001). Good to Great. Why some companies make the leap and others don't.

Harper Collins, New York.

Drucker, P. The Effective Leader

Evans, G. (2000). Play Like a Man, win Like a Woman. Broadway Books, New York, New York.

Francis, D., & Young, D., (1979). Improving work groups: A practical manual for team building. San Diego, CA: University Associates.

Hunsaker, P. & Alessandra, A. (1980). The Art of Managing People. Prentice Hall. Spectrum

Liker, J.K., The Toyota Way: 14 management principles from the worlds greatest manufacturer.
McGraw Hill

Frankel, L.D. (2004). Nice girls don't get the corner office. Warner, New York.

Katzenbach, J. & Smith, D. (1994). The wisdom of teams Harper Collins Publishers.

Lenncioni, P. (1998). The Five Temptations of a CEO. Josse Bass, New York.

Maister, D. H. (2001). Practice what you Preach: What managers do to create a high achievement culture. Free Press

Lloyd, K. (1999). Jerks at Work. Career Press, Franklin Lakes, N.J.

McClelland, D. C. (1961). The achieving society. Princeton, NJ: Van Nostrand

Menkes, J. (2005). Executive Intelligence: What all great leaders have. Collins Harper Publishers, New York, New York.

Olmsted, M. & Hare, A. (1959). The small Group. Random House
Phillips, D.T. (). Lincoln on Leadership: Executive Strategies for tough times

Pierce, J. & Newstrom, J. (2000) The managers bookshelf. Prentice Hall, New Jersey

Riley, P The Winer Within; A Life Plan for Team Players

Seamen, D. F. (1981). Working effectively with task orientated groups. New York: McGraw Hill.

Tuckman, B. W. (1965). Development of sequence in small groups. Psychological Bulletin, 4, 384-399.

Walton, G. M., (1992). Beyond winning: The timeless wisdom of great philosopher coaches. Champaign, IL: Human Kinetics.

Westerling, F. (1990). Make the big time where you are. Big Five Productions. Oregon

Danos note: this book is out of print but is one of the best applied texts ever!

Communication Skills

Arrendondo, L. (2000) Communicating Effectively. McGraw Hill New York.

Babcock, L. & Laschever, (2003). Women Don't Ask; negotiation and the gender divide.

Princeton University Press

Ekman, P., & Friesen, W. (1969). The face and emotion. New York: Pergamon.

Ekman, P. (2001). Telling Lies. Clues to Deceit in the marketplace, Politics and Marriage. W.W. Norton & Company, New York.

Ekman, P. (2003). Emotions Revealed. Recognizing Faces and Feelings to Improve Communication and Emotional Life. Times Books, New York.

Evans, G. (2000). Play like a man Win like a woman. Broadway Books.

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violated expectations and bad behavior. McGraw Hill

Tannen, D. (1990). You just don't understand: men and women in conversation William Morrow Company , New York.

Tannen, D. (1998). The Argument Culture. Ballantine Books, New York.

Tannen, D. (2006). Your Wearing that? William Morrow Company , New York.

Tannen, D. (1986). Thats not what I meant! Ballantine Books, New York.

Talent Development/Children

Antony, M. & Swinson, R, (1998). When Perfect Isn't Good Enough: Strategies for coping with perfectionism. New Harbinger Publications. Oakland, Ca.

Bloom, P. (2004). Descartes Baby . How the science of child development explains what makes us human. Perseus Book Group, New York.

Cline, F.W. Fay, J. (1990). Parenting with love and logic. Pinon, Colorado Springs, Co.

Ericsson, K.A. (1996). The Road to Excellence; the acquisition of expert performance in the arts and sciences sports and games. Lawrence Erlbaum Associates: Mahwah, New Jersey

Engh, F. (1999). Why Johnny Hates Sports. Avery Publishing.

King, C. & Kirschenbaum, D. (1992). Helping Young Children Develop Social Skills. The social Growth Program. Brook/Cole Publishing Pacific Grove, California.

Levine, M. (2002). A mind at a time. Simon and Schuster, new York

Magill, R. (1989). Motor Learning: Concepts and Applications. WCB, Dubuque, Iowa.

Lillard. A. S. (2005). Montessori: The science behind the genius. Oxford University Press.

Nelsen, J. (1987). Positive Discipline. Ballantine Books, New

York.

Orlick, T. (1995). Nice on my feelings: nurturing the best in Children and parents.

Creative Bound Ontario , Carp

Pollack. W. (1998). Real Boys: rescuing our sons form the myths of boyhood. Owl Books. New York.

Pollack. W. (2001). Real Boys: The definite guide to understanding and interacting with boys of all ages. Villard Books. New York.

Ripken, C. & Wolff, C. (2006). Parenting Young Athletes the Ripken Way: Ensuring the Best Experience for your Kids in any Sport. Gotham Books, New York.

Seligman, M.E. (1990). Learned Optimism. Pocket Books, New York

Seligman, M.E. (1995). The Optimistic Child. Houghton Mifflin Company, Boston, New York

Selleck, G. (2003). Raising a Good Sport in and In-Your-Face World. McGraw Hill, New York.

Stipek, D. & Seal, K.(2001). Motivated Minds; Rasing Children to Love learning. Henry Holt; New York

Amen, D. G. (2001). Healing ADD,. Berkley Books New York

Van Blerkom, D.L. College Study Skills: Becoming a strategic learner. Thompson, Wadsworth.

Wilson. S. (2000). Sports her way. Motivating Girls to Start and Stay with Sports. Fireside, New York.

Human Development Topics

Allenbaugh, E. (1992). Wake up calls: You don't have to sleepwalk through your life, love or career. Discovery Publications

Damasio. A. (2003). Looking for Spinoza: Joy, Sorrow and the feeling brain. Harcourt.

- Heckler, R. (1990). In search of the Warrior Spirit. North Atlantic Books, Berkley. CA
- Johnson, S. (2004). Mind Wide open. Scribner, new York.
- Longman, Jere. (2000). The Girls of Summer. Harper Colins.
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- May, R. (1953). Mans Search for Himself. Signet Press. New York
- Peck, S. (1978). The Road Less Traveled: A new Psychology of Love, traditional Values and Spiritual Growth. Touchstone Simon and Schuster.
- Pert, C. (!997). Molecules of Emotion. Scribner. New York.
- Restak, R. (2001). Mozarts brain and the fighter pilot. Three Rivers Press, New York
- Robertson, I. (2002). Opening the Minds Eye: How images and language teach us how to see. St. Martins Press.
- Sheehy, G. (1981). Pathfinders. Bantam Books, New York.
- Tolle E. (1999). The Power of Now A guide to Spiritual Enlightenment New world Library.
- Borysenko, J. (2001). Inner Peace for busy People. Hay house Pub, Carlsbad. Ca.
- Borysenko, J. (1997). Minding the body Mending the Mind Bantam Books

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- Banks, K. (1999). Pavel Bure: The riddle of the Russian rocket. Greystone Books. New York.

Bylsma, D. & Bylsma, J. (1998). So Your Son wants to play in the NHL. Sleeping Bear Press. Chelsea, MI.

Chastain Brandi. (2004). It's Not About the Bra : Play Hard, Play Fair, and Put the Fun Back Into Competitive Sports. Harper Resource, New York.

Harkes, J. (1999). Captain for life: and other temporary assignments. Sleeping Bear Press

Reyna, Claudio. (2004). More than Goals . Human kinetics, Champaign, Il.

Bode Miller, Jack McEnany. (2005). Bode : Go Fast , Be Good , Have Fun .

Gretzky. W. Reilly, R. (1990). Gretzky: An autobiography. Harper Collins, Toronto.

Harris, Harry. (2000). Pele: his life and times. Welcome Rain Publishers. New York

Keane, R. & Dunphy, E. (2002). Keane: An autobiography. Penguin, New York

Russell, B., Hilburg, A. & Falkner, D. (2001). Russel Rules: 11 Lessons on leadership. New American Library. New York

Thomas, B. (1998). Building a Company: Roy O. Disney and the creation of an entertainment empire. Hyperion, New York.

Vialli, G. (2006). The Italian Job: The journey to the heart of two great footballing cultures Bantam Books.

Welch, J. (2005). Winning. Harper Collins, New York.

Parenting Skills

Dobson, J. (1987). Parenting isn't for Cowards. World Publishing Dallas.

Foster, C. & Fay, J. (2006). Parenting with Love and Logic. Pinon Press

Kapalka, G. (2007). Parenting Your Out of control Child: an effective, easy to use Program for teaching Self-Control, New Harbinger: Oakland.

Pantley, E. (2007). The No Cry Solution. Mcgraw Hill: New York.

Rigby, J. (2006). Rasing Respectful Children in a disrespectful World. Howard Books London.