



# Scripture and Sport Psychology: Mental-Game Techniques for the Christian Athlete

*Derek de la Peña*


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**Scripture and Sport Psychology: Mental-Game Techniques for the Christian Athlete** Derek de la Peña  
Scripture and Sport Psychology: Mental-Game Techniques for the Christian Athlete is the first book to combine principles from the Holy Bible and sport psychology literature into a straightforward and practical guide for improving mental skills and athletic performance. Author Dr. Derek de la Peña earned a Ph.D. at the University of Florida in 2001 where he served as the mental-game consultant for the NCAA men's golf national champion Florida Gators. He has since dedicated his knowledge and skills as a mental-game and performance consultant to helping athletes of all ages and levels reach their full potential. Without a strong mental-game, athletes limit their ability to perform optimally. Drawing from enlightening parallels from the Bible and sport psychology research, the author provides effective techniques to enhance the mental fortitude necessary for peak performance. Topics include: Building Confidence Fueling Purpose and Motivation Dealing with Adversity Being a Team Player Playing in "The Zone" Scripture and Sport Psychology: Mental-Game Techniques for the Christian Athlete is an invaluable resource of principles and practical ways for athletes of all ages to master the art of effective thinking from a Christian perspective.

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