

# MANUAL BIOHACKING



# 5 Edition Biohacking Manual

**Daniela Niemeyer**

## 5 Edition Biohacking Manual:

**Psychological Considerations in the Young Athlete** Melissa A. Christino, Emily I. Pluhar, Lyle J. Micheli, 2023-06-29 This book provides a broad and multidisciplinary review of psychological aspects of sport participation that are important to consider in young athletes. It discusses the many psychosocial benefits of sports, describes common mental health and body image issues pediatric athletes may suffer from, explains the psychological effects of injury and surgery on young athletes, and the importance of mind-body connection. It advocates for safe sport participation and a multidisciplinary approach to the care of young athletes. This is the first text to discuss the psychological implications of sport participation in young athletes, a critical topic in today's sport landscape that is often underappreciated and understudied. Bringing together contributions from prominent sports psychologists, sports medicine physicians, and surgeons, coaches, and pain management specialists, *Psychological Considerations in the Young Athlete* combines the most up-to-date research and serves as a valuable resource for clinicians, therapists, and athletic trainers who serve pediatric and adolescent athletes and sports teams.

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**Exploring Science Communication** Ulrike Felt, Sarah R. Davies, 2020-01-27 *Exploring Science Communication* demonstrates how science and technology studies approaches can be explicitly integrated into effective, powerful science communication research. Through a range of case studies from climate change and public parks to Facebook, museums, and media coverage, it helps you to understand and analyse the complex and diverse ways science and society relate in today's knowledge-intensive environments. Notable features include: A focus on showing how to bring academic STS theory into your own science communication research; Coverage of a range of topics and case studies illustrating different analyses and approaches; Speaks to disciplines across Media Communication, Science, Technology Studies, Health Sciences, Environmental Sciences, and

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