

# MANUAL DE BIOHACKING



# 5 Edition Biohacking Manual

**Ronald Hudkins**

## 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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