



Working Out: The Psychology of Sport and Exercise (The Psychology of Everyday Life)

Justine J. Reel Ph.D.

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Written by a leading expert in the field of sport science, this motivational text provides a thorough overview of fitness and exercise psychology as it relates to everyday life.

- Illustrates sport and exercise psychology's growth across the globe through fascinating historical perspectives
- Discusses the factors impacting body image and associated issues, including eating disorders and social physique anxiety
- Demonstrates multiple sides of controversies within sport and exercise
- Features case studies related to sport and exercise psychology to show real-life connections
- Includes a helpful glossary that defines unfamiliar and technical terms

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