Resource List

Recommended Reading


*Coaching the Artist Within: Advice for Writers, Actors, Visual Artists and Musicians*, Eric Maisel, Ph.D., New World Library, Novato, 2005.


The Achievement Zone: An 8-Step guide to peak performance in all areas of life, Shane Murphy, Ph.D., Berkley Books, New York, 1996.


The Trading Athlete: Winning the Mental Game of Online Trading, Shane Murphy, Ph.D. and Doug Hirschon, M.S., Wiley, New York, 2001.


Recommended Articles


**Associations and Organizations**

American College of Sports Medicine  
[http://www.acsm.org](http://www.acsm.org)

Association for Applied Sport psychology  

Association for the Advancement of Applied Sport Psychology  
[http://spot.colorado.edu/~aaasp](http://spot.colorado.edu/~aaasp)

Creativity Coaching Association  

Division 47 of the American Psychological Association  
[http://www/psyc.unt.edu/apadiv47/](http://www/psyc.unt.edu/apadiv47/)

Human Kinetics Publishers  
[http://www.humankinetics.com](http://www.humankinetics.com)

National Speakers Association  

Performing Arts Medicine Association  