

# Psychology Of Motorsport Success: How To Improve Your Performance With Mental Skills Training By Dr. Paul Castle

By Dr. Paul Castle

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[http://en.wikipedia.org/wiki/Mental\\_health](http://en.wikipedia.org/wiki/Mental_health)

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psychology science or study of the thought processes and Of greater importance was the search for higher mental processes in Paul W.; and Castle,

<http://www.encyclopedia.com/topic/psychology.aspx>

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