Concentration: Focus Your Mind, Power Your Game (1993, 61 pp.)
Drive and Determination: Developing Your Inner Motivation (1993, 83 pp.)
Visualization: The Master Skill in Mental Training (1992, 63 pp.)

By Marie Dalloway. Published by Optimal Performance Institute, 320 West Medlock Drive, #205, Phoenix, AZ 85013. Tel: 602/274-1889; fax: 602/274-0466. (U.S. $14.95 each, U.S. $49.95 for the set)

Reviewed by Jeffrey Martin, Division of Health, Physical Education and Recreation, Wayne State University

Marie Dalloway has written a package of four manuals designed to help athletes develop their mental skills. In general, all four are "how-to" books aimed at helping athletes develop their mental abilities for sport. The topics are usually introduced in a brief and succinct manner, and subsequent text provides the reader with suggestions, exercises, and techniques for developing skills in each topic area. Sport examples are used liberally to introduce each topic, although at times the anecdotal stories run on. Dalloway appears to struggle with balancing the stories, examples, and exercises designed to convince readers of the importance of mental skills with the material designed to help readers develop their skills.

If applied psychology consultants are solely interested in broadening their repertoire of intervention strategies, then these manuals should be helpful. On the other hand, practitioners interested in thorough discussions of these topic areas or in research documenting intervention effectiveness should consider other sources. Athletes who are interested in developing their mental skill, but who have difficulty finding material to guide their efforts, should also find these publications helpful. Finally, potential consumers should be aware that the manuals are published "desktop style" with soft covers.

In Risk Taking: Performing Your Best During Critical Times, Dalloway presents risk taking as synonymous with stress management. Risk taking is introduced with examples of athletes facing challenging situations in which their abilities to manage stress and make sound cognitive decisions are vital to their performance. Readers familiar with the stress literature will recognize the second section, which presents a conceptual framework emphasizing the competitive situation, athlete's appraisals, their subsequent physiological/cognitive responses, and finally, their behavioral responses. Dalloway effectively uses this model to provide a framework for the intervention techniques that follow.
The heart of this publication is the presentation of a six-step intervention model aimed at self-awareness, self-talk control, competition plans or strategy, performance skill focus, relaxation techniques, and commitment. Generally speaking, these six steps provide useful and specific guidelines for managing stress, although at times the presentation of "how-to" materials is uneven. For example, lots of helpful information regarding self-talk and relaxation is presented. In contrast, the section on performance skills focus is brief, and material on developing commitment lapses into anecdotal illustrations of commitment in action. Admittedly, focus development is the topic of another manual. Additionally, Dalloway's view of commitment development appears more closely aligned with Vealey's notion of a "foundation skill" versus a "performance skill," thus making it a more difficult area to target for intervention.

Consistent with the previous manual, in *Concentration: Focus Your Mind, Power Your Game,* Dalloway introduces the importance of concentration by citing examples where optimal concentration and lapses in concentration influence sport outcomes. Using Nideffer's model of attention, Dalloway presents an easily understood view of concentration. Subsequent sections provide techniques for dealing with both internal and external sources of distraction.

Although it is encouraging to see some importance attached to assessing and monitoring concentration skills, two shortcomings in this area were noted. First, it is disappointing to continue to read that concentration assessment seems to be limited to the familiar "grid concentration exercise." Second, although electrodermal activity (EDA) may indicate anxiety for some athletes, it is simplistic to assume that heightened EDA is a reliable indicator of anxiety. Presenting this relationship is misleading to readers unfamiliar with the literature. Aside from these criticisms, Dalloway organizes her intervention strategies effectively by targeting them to internal versus external distractions. Similar to the manual on *Risk Taking,* a chart orients the reader and summarizes various strategies.

*Drive and Determination: Developing Your Inner Motivation* focuses on two mental skill areas: goal setting and belief modification. For goal setting Dalloway presents a three-step program based on goal identification, goal formulation, and goal programming. In spite of incorporating a number of effective goal-setting principles, some important goal-setting considerations are missing. In particular, the distinction between performance and outcome goals is absent, and the notion that optimally challenging goals are a balance between difficult yet realistic goals is not present. Given the importance that applied sport psychology literature places on these considerations, the lack of information in this area is disturbing.

The concluding section targets the important area of beliefs. In short, Dalloway illustrates how athletes' beliefs influence subsequent cognitions and behaviors. Although guidelines for identifying distorted or irrational beliefs are given, an inordinate amount of time is spent on exercises designed to convince the reader of the importance of beliefs. An excellent section on cognitive reframing and on changing self and performance-related beliefs concludes this manual. A variety of exercises and questions guide serious readers into an exploration of their personal belief systems and how these beliefs may be limiting their potential.

In terms of providing suggestions for imagery development and enhancement, *Visualization: The Master Skill in Mental Training* stood out from the companion manuals. The introduction of imagery is succinct and brief, and it