

Athletic Identity **TRANSITION TO** **TRANSFORMATION**



YOU ARE MORE THAN
AN ATHLETE

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Dr Mark D Robinson

Athletic Identity Transition to Transformation: You Are More Than an Athlete (1st)



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Through decades of global research and observation of athletes at all levels, I have analyzed their thoughts, emotions, and behaviors. By virtue of their beliefs, sportsmen choose an identification. These elements, when woven together, produce either ignorance or education that guidebook the athlete on another journey of either sorrow and discomfort or joy and happiness. If used for its designed purpose, this book will help athletes in understanding who they are, what they do well and, overall, what they are able to possibly become before reaching the final game of their careers. Tag Robinson Ph. This publication delivers an examination of the athlete's personal development process. This identification choice builds and drives both their inner foundation of personality and their external projections of comfort, therefore providing varying and frequently conflicting emotions when determining as an athlete. Specifically, I explore the multi-level system of the transition to transformation dynamics and detail how athletes are influenced by external factors. This includes examining the circumstances that result in a vulnerable athlete who lacks the developmental base needed to effectively build their personal character and manage the countless transitions connected with sports participation. This enables the athlete to: Determine who they are while determining as an athlete. --Dr. The essence of this book illustrates that: An athlete under no circumstances knows who he/she is until they are no longer an athlete.D.



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