

Index

- 3+1 Cs (Coach–Athlete Relationship Questionnaire), 444
- AAQ-II (Acceptance and Action Questionnaire–II), 248, 254
- AC (athletes' commitment), 255, 259–60
- acceptance, 4, 10, 46, 247, 310, 473–4
 Acceptance Commitment Training (Hayes), 361
 negative mind-states and, 533–4
 nonjudgmental, 10
- ACT (Acceptance and Commitment Therapy), 7, 56, 140–2, 229, 236, 274, 287, 310–12, 334–5, 375
 benefits, 312
 exercise and, 311–12
 goal, 60
 objectives, 334
- action
 –awareness merging, 80
 intentional, 492–3
- Adams, C. E., 76
- Adams, M., 370
- adaptation, 356
- adjusting, 355, 359
- AFL (Australian Football League), 268–91, 298
 Players' Association (AFL Players), 298–9, 298–9
 practical mindfulness and, 279–86
- Aherne, C., 89, 523
- Alexander Technique, 372–3, 380, 384
- All-China Games, 250, 261
- Allen, A. B., 65
- Allen, N. B., 391
- Almeida, J., 341
- Alutcher, C. A., 439
- American College of Sports Medicine, 300
- amygdala, 451, 453
- Anderson, Jamie, 155
- Anglin, L. P., 15
- anxiety
 performance, 53
 sport, 158, 193
- Arnkoff, D., 90, 152
- Asmundson, G. J. G., 35
- Astin, J. A., 4, 286
- ATP (athletes' training performance), 255–62
- attachment, 230, 447–8
 ambivalent, 448
 anxious-ambivalent, 448
 disorganized (disorganized-disorientated), 448
 insecure (anxious-avoidant), 448
 secure, 453
 styles, 453
- attention, 4, 10, 216–17, 286, 313, 414
 components, 4, 156
 deployment, 32, 40–3
 dimensions, 393–4
 mindful, 391–407
 medicine, 394–9
 performing arts, 399–406
 receptive, 391
 redirecting, 40
 stability, 4
 versus thinking, 218–19
- attitude, 4, 286, 314
 components, 4
 nonjudgmental, 10
- Australian Rules football competition, 268
- automaticity, 321
- Avalos, L. C., 327
- avoidance, experiential, 46, 56
- awareness, 9, 11, 423, 466, 488–509
 body, 325
 choiceless, 517, 529
 decentered, 240
 defined (Brown and Ryan), 95, 489
 environmental, 392
 increasing inner psychological experience, 490–1

- inner critic and, 496–7
 internal, 392
 open, 531–2
 past and present you, 502–3
 present-moment, 89
 shared, of the evolving whole, 536
 twofold, 392
 uncertainty and, 500
 wanting and, 504–5
 Azrin, N. H., 398
- Baer, R. A., 4, 516
 balance, mindful work/life, 119–22
 Baltzell, A. L., 189–90, 471, 476, 521
 Bandura, Albert, 57, 523
 Banting, L. K., 306
 Barlow, David, 129
 Barta, S. G., 157
 Bartenieff Fundamentals, 372
 Barton, E. J., 369
 Baumeister, R. F., 16
 Bays, J., 322
 Beall, Bruce, 160, 175, 237, 360, 517
 Begley, S., 131
being there, 115–16, 118
 Bern, Eric, 119
 Bernier, M., 138, 143, 392, 479
 Beshara, M., 326
 Best, K. M., 193
Beyond Boredom and Anxiety (Csikszentmihalyi), 85, 357
 Birrer, D., 229, 313–14, 441
 Bishop, S. R., 187, 216
 Blacker, K., 332
 Blonna, R., 177
 BMI (body mass index), 301
 BMX professional cyclists, 202
 body
 image, 327–8, 331–7
 scan, 159, 162, 165, 246, 307, 414
 Bowlby, John, 447–8
 Bowman, Bob, 230
 breath and breathing, 246, 481, 517
 diaphragmatically, 178
 Ladders, 530
 Brefczynski-Lewis, J. A., 131–2
 Brewer, J. A., 196
Broaden and Build Theory of Positive Emotion (Fredrickson), 352
 Bronfenbrenner, U., 477
 Brown, K. W., 4, 95, 290, 490
 Brown, R. F., 371
 Brubaker, Rockne, 217
 Brunner, S., 102
 Bryant, Kobe, 155
- Bu, D. R., 240
 Buddhism, 4–5, 230, 269, 307
 mindful, 144
 Zen, 241–4
 Burmese Mahasi Method, 529
- Caldwell, K., 370, 372
 CALM pregnancy, 7
 CAMS-R (Cognitive and Affective Mindfulness Scale-Revised), 10
 caring, 4
 Carlson, L. E., 4, 296
 Carmody, J., 368
 Carroll, Pete, 154, 285
 Carson, S. H., 14
 Cathcart, S., 90, 95
 Catholic University of America, 154
 CBT (Cognitive Behavior Therapy), 35, 310, 375, 398, 415
 CDC (Centers for Disease Control and Prevention), 301
 centering, 396
 CFQ (Cognitive Fusion Questionnaire), 247
 CFT (Compassion Focused Therapy), 68–9
 Affect System model of, 69
 challenge–skill balance, 80
 Chambers, R., 391
 change
 alphabet of, 493
 opportunity for, 493–4
 Chiat, L. F., 359
 Chicago Bulls, 215
 Chiesa, A., 188
 Chinese athletes, 237–62
 Chittaro, L., 289
choking (defined), 55
 chronosystem, 477
 Chuen Yee Lo, B., 391
 clarity, 4, 80, 314
 Clarke, Chris, 115
Clinical Sport Psychology (Gardner and Moore), 229
 closeness, 444
 CMT (Compassion Mind Training), 68
 coaching and coaches
 mentoring, 468–9, 486
 instrumental, 468
 relational, 468
 mindful, 455–9, 471–7
 intrapersonal, 443–4
 strategies, 481–3
 parenting and, 445–7
 requisite traits for coachability, 536
 research, 444–5
 socially vulnerable youth and, 465–71

- Coalter, F., 465
 Codron, R., 484
 cognitive therapy, 488, 498
 cognitive behavioral therapy, 489
 commitment, 240, 249, 311, 444
 compassion, 474–7
 behavior, 70
 defined (Buddhism), 61
 -focused therapy, applied practice in, 67–72
 imagery, 71–2
 mindful, 54–7
 reasoning, 70
 sensations, 71
Compassionate Mind Training (Gilbert), 68–9
 complementarity, 444
 complex post-traumatic stress disorder (C-PTSD), 479
 concentration, 80, 362–3, 529, 531
 Contemplative Fitness Training (Folk), 528
 context, emotional, 30
 control
 attentional, 522
 sense of, 80
 co-orientation, 445
 coping
 adversity and, 243–4
 mindful, 303–4
 stress and, 305–7
 Coughlin, Natalie, 212, 219
 Coyle, Daniel, 534
 Craighead, L. W., 336
 craving (Pali, *Thanha*), 230
Crazy Busy (Hallowell), 495
 creativity, 114
 defined, 15
 flow and, 15
 mindful, 15, 119
 Creswell, J. D., 290
 Crews, D. J., 134
 Crocker, P. R. E., 64
 Crum, A., 103
 Csikszentmihalyi, Mihaly, 56, 73, 81–3, 85–8, 91, 93, 95, 101, 221, 357–8, 479, 523
 cue utilization hypothesis (Easterbrook), 396
 Cummings, A., 93
 curiosity, 10
 Curtis, K., 309
 Custodero, L., 423

 Dalai Lama, 465
 Damasio, A. R., 452
 dance, 367–85
 mindful, 368–73
 therapeutic, 369–73
 university program and, 373–84

 Dancing Mindfulness (Marich), 370
 Dariosis, J. K., 478
 Davidson, R. J., 131
 DBT (Dialectical Behavior Therapy), 7, 239, 287, 335–6, 520
 core tenets, 520
 protocol, 335
 de Manzano, O., 85
 De Petrillo, L. A., 152, 162
 decentering, 8, 10, 40
 defined, 36, 246
 defusion, cognitive, 247, 310
 Delehanty, H., 456
 DeLongis, A., 76
 Deng, Y. Q., 254
 DERS (Difficulties in Emotion Regulation Scale), 34
 Descartes, Rene, 271
 describing, 11
 detachment, 242
 Dhiman, S., 15
 Di Leo, Gregorio, 350, 354–6, 359
 DiaMind (mindfulness-based intervention for diabetics), 6
 Diamond, B. J., 487
 Dietrich, A., 84
 disidentification, 9, 20
 distractions, 42
 distress, tolerance, 57–9, 453, 495
 defined, 57
 dimensions, 58
 Djokovic, Novak, 220, 285
 DMN (medial default mode network), 195, 223
 Dodson, J. D., 275
 down-regulation, 32, 274, 451–5, 459–60
 Drake, R., 341
 drive, 68
 Drive Theory, 353
 dualism, mind–body, 271–3
 Duke, R. A., 417
dukkha (dissatisfaction) 213
 defined, 214
 performance, 56–7, 73
 coping strategies, 68
 sport, 64
 Dweck, Carol, 420, 497
 Dzogchen (Tibetan mindfulness technique), 529

 Easterbrook, J. A., 396
 eating
 disorders, 321–3, 327–8
 anorexia nervosa (AN), 323, 335, 338
 binge eating disorder (BED), 322, 336
 bulimia nervosa (BN), 322, 335
 intuitive, 325

- mindful, 323–5, 333–7
 - application exercises, 339–40
 - defined (Somov), 324
 - food choice and, 326–7
 - food enjoyment and, 326–7
 - research, 325–6
- mindless, 321–3
- performance and, 329–33
- Ecological Model (Lewin), 112
- education, mindful, 467
- efficiency, mental, 133
- Eiroa-Orosa, F. J., 294
- Eisenkraft, N., 401, 427
- Eklund, R. C., 83, 95
- emotions
 - basic, 501
 - Buddhism and, 36
 - changing the meaning of specific, 34
 - cognition and, 30
 - complex, 501
 - components, 30
 - experiencing, 30
 - expressing, 30
 - function, 30–1
 - general, 501–2
 - learned, 501
 - nature, 30–1
 - negative, 41
 - positive and, 31
 - physiological, 30
 - positive, 353, 505
 - regulating, 31
 - adaptive, 34
 - defined, 31
 - mindful, 33–5
 - sport performance, 37–47
 - strategies
 - antecedent-focused, 31–2
 - response-focused, 32–3
- empathy, 4
- engagement, 14, 277–9, 418, 505
- environment, holding, 447
- Epicurus, 269
- EQ (Experiential Questionnaire), 247
- equanimity, 219–20
- Ericson, K. Anders, 176, 534
- exercise, 300–17
 - ACT and, 311–12
 - benefits, 300
 - MBSR and, 308–9
 - mindful, 303, 328–9
 - research-based model for, 313–16
- exosystem, 477
- experience
 - autotelic, 81, 87
 - emotionally corrective, 450
 - inner
 - nonjudging and nonreactivity to, 10
 - internal psychological, 498–500
 - learning from, 509
- exposure, 315
- Farnsworth-Grodd, V. A., 427
- feedback
 - process-directed and balanced, 418
 - unambiguous, 80
- feelings, 500–2
- Feldenkrais Method, 372–3, 379, 384
- Feldman, Christina, 228
- Feldman, G., 34
- Feltz, D. L., 406
- FFMQ (Five-Facet Mindfulness Questionnaire), 10, 90, 253, 372
- Finding Flow* (Csikszentmihalyi), 73
- Finding Your Compassionate Inner Coach, 65–7
- Fitt, S. S., 372
- fixation, 106
- flexibility, 14, 315
 - within fidelity, 489
- flow, 219, 276, 357–60, 421, 479, 523–4
 - antecedents, 358
 - assessing, 82–5
 - background, 81–2
 - characteristics, 156
 - defined, 15, 78–81, 155
 - defined (Csikszentmihalyi), 357, 523
 - dispositional
 - defined, 138
 - flow, 83, 90
 - facilitating, 91–3
 - factors critical to, 92
 - mindful, 88–91, 104
 - future directions, 93–5
 - performance domains and, 85–8
 - precursors, 358
 - self-referential agency and, 525
 - state, 357–8, 399
 - Flow State Scale-2 (FSS-2), 83, 90
 - zone and, 155–7
- Flow in Sport: The Keys to Optimal Experiences and Performances* (Jackson and Csikszentmihalyi), 85, 358
- Flow Manual* (Jackson, Eklund, and Martin), 83
- FMI (Freiburg Mindfulness Inventory), 9
- focus
 - attentional, 10, 132
 - novel stimuli and, 53
 - present-moment, 362
- Folk, Kenneth, 528
- Folkman, S., 303, 307

- Fortier, M. S., 87
 Fournier, J. F., 484
 Framson, C., 329
 Frankl, V. E., 506
 Fredrickson, Barbara, 352
 Freedman, B., 296
 Freeman, Cathy, 285
Full Catastrophe Living (Kabat-Zinn), 220
 fusion, cognitive, 56, 217
- Gaher, R. M., 58
 Garcia, R. F., 143
 Gardner, Frank L., 90, 138–9, 160, 190, 203, 229, 367, 440, 518
 Garnezy, N., 193
 Gelfand, L., 233
 generosity, 4
 gentleness, 4
 Germer, Christopher K., 61–3, 199
 Gestalt therapy, 488
 Gilbert, Paul, 58, 68–70
 Glass, Carol, 90, 152, 161, 191, 518
 Glass, R. A., 157
 goals, SMART, 355
 Goldstein, Joseph, 532
 Goleman, D., 119, 492, 494
 Goodes, Adam, 285
 Gooding, A., 138
 Goolkasian, P., 487
 Gould, D., 174, 176, 197
 Gould, L. F., 478
 Goyal, M., 158
 Grabovac, A. D., 242
 gratitude, 4
 Greenbaum, T., 476
 Greenberg, M. T., 478
 Greeson, J., 49, 370
 Gross, J. J., 31
 Grove, J. R., 93
 Gunaratana, Bhante, 531
 Gyurak, A., 388
- Haase, Lori, 186, 188, 192, 194, 202
 Hack, B., 174
 Hallett, C. B., 337
 Hallowell, Edward, 495
 Hamilton, J. A., 84
 Hancock, J., 76
 Hancock, K. H., 326
 Hanin, Yuri, 194, 353–4
 Hanna, Thomas, 372
 Hanneberry, Dan, 284
 Hanneman, S., 157, 304
 Hanson, R., 522
 happiness, 269, 291
- Harmat, L., 97
 Harris, R., 217
 Harrison, Aaron, 177
 Harrison, M., 370
 Harwood, B., 157, 304
 Hassed, C., 275
 Hatfield, B. D., 134
 Haudenhuyse, R. P., 465
 Hayden, E. W., 344
 Hayden, L. A., 471
 Hayes, A., 34
 Hayes, Steven C., 41, 56, 60, 334
 health
 defined (WHO), 270
 mental (defined, WHO), 270
 heart, mindful, 238, 246
 Hellison, Don, 471
 Hendrickson, J., 344
 Hickman, Steven, 65, 186, 188, 194
 hierarchy of needs (Maslow), 270
 Hill, D. M., 336
 Hoffer, Eric, 504
 Hofmann, S. G., 34
 Hölzel, B. K., 229
 Hong, P. Y., 326
 Horvath, Julius, 370
 Howells, A., 289–90
 humanity, common, 62, 198
 Hutchinson, A. D., 326, 329
- Ideal Mental Health, theory of (Jahoda), 270
 ideokinesis, 372
 IHRSA (International Health, Racquet, and Sportsclub Association), 301
 imagery, 349
 guided, 146, 403
 information
 processing
 cognitive modes, 16
 dual theories, 113
 insight
 components, 248
 defined
 Chinese sport context, 242
 Grabovac, 242
 MAIC, 248
 mindful, 238
 intention, 4, 194–6, 286
 interoception, 194–5, 201
 defined, 192, 194, 200
 interventions
 acceptance-based, 127–30
 cognitive neuroscience and, 130–3
 mindful, 146–7
 future directions, 146–7

- mischaracterizations/myth about, 146–7
 - sports psychology and, 146–7
- brief, 15–16, 18–19
- clinical, 520–1
- hypnotic, 93
- imagery-based, 93
- instructional, 14
- Langerian mindfulness, 16–17
- mental training, 189
- mindful
 - compassion and, 59–61
 - youth and, 467–9
- sport psychology, 353–4, 517–20
- intuition (defined), 452
- Inzlicht, M., 135
- Ivtzan, L., 294
- IZOF (Individualized Optimal Zone of Functioning, Hanin), 353–4, 356
- Jablonski, M., 344
- Jackson, Dan, 285
- Jackson, Phil, 155, 215–17, 219, 232, 285, 456–8
- Jackson, Susan A., 83, 85–8, 91–3, 95, 156, 219, 358, 375, 479
- Jahoda, Marie, 270
- James, William, 270
- Jeter, Derek, 155
- Jha, A. P., 229, 391
- John, S., 189, 521
- Johnson, S. K., 466
- Jordan, Michael, 224
- Jowett, Sophia, 444
- Juarascio, A. S., 335
- Kabat-Zinn, Jon, 3–6, 54, 104, 154, 159, 161, 164, 175, 186–7, 189, 203, 213–15, 220–1, 224, 227, 237–8, 303, 334, 360, 371, 466, 516–17, 519, 524
- Kahneman, Daniel, 16, 456
- Karageorghis, C. I., 87, 92
- Karcher, M. J., 468
- Kaufman, Keith, 90, 152, 161–2, 173–4, 191, 203, 518
- Kearney, D., 327
- Kearns, L. W., 372
- Kee, Y., 89–90, 104, 138, 362, 399
- Keller, J., 93
- Kelly, S. M., 489
- Kerrigan, D., 480
- Khanna, G. L., 189
- Kilty, K., 485
- KIMS (Kentucky Inventory of Mindfulness Skills), 9
- King, Billie Jean, 276
- Kipling, Rudyard, 270
- Kirk, Brett, 284
- Kiyonaga, A., 233
- Klinger, E., 157
- Kowal, J., 87
- Kowalski, K. C., 64
- Kristeller, J. L., 337
- Kumar, S., 49
- Landers, D. M., 134, 406
- Langer, Ellen J., 3, 13–18, 103, 114–15, 303, 350–2, 363, 401, 414, 469, 475, 516, 537
- Langer, Justin, 284
- Lau, M. A., 242
- Laurenceau, J. P., 49
- Lazarus, R. S., 303, 307
- learning, adult, principles of, 278
- Leary, M. R., 65
- letting go, 4, 10
- Levenson, R. W., 388
- Lewin, Kurt, 112
- Lewis, M. A. E., 93
- Lillis, J., 311
- liminal spaces, 118
- Lindsay, E. K., 293
- Linehan, Marsha M., 334–5
- Lishner, D. A., 326
- Lonsdale, C., 93
- Los Angeles Lakers, 215
- Lush, E., 344
- Lyddy, C., 103
- MAAS (Mindful Attention Awareness Scale), 17
 - state, 17
- MAAS (Mindfulness Attention Awareness Scale), 376
- MAC (Mindfulness-Acceptance-Commitment), 29, 45, 60, 72, 90, 104, 127, 137, 139–42, 147, 160, 190–1, 229, 239–41, 361, 368, 415, 425, 497
 - program modules, 139
 - protocol, 236
 - studies, 139–42
- MAC approach, 518
- MACAM (Measure of Awareness and Coping in Autobiographical Memory), 249
- macrosystem, 477
- Mahasi Method (of Vipassana), 531
- MAIC (Mindfulness-Acceptance-Insight-Commitment)
 - components, 250–62
 - protocol, 250–62
 - synchronized swimming athletes and, 250–62
 - theoretical origin, 250–62
- Malinowski, P., 135
- Man's Search for Meaning* (Frankl), 506

- Mapel, T., 370
- Marich, J., 370
- Marks, D. R., 133
- Martin, A. J., 83
- Martin, R., 329
- Marx, Karl, 120
- Masicampo, E. J., 16
- Maslow, Abraham, 270, 505
- Masten, A. S., 193
- materialism, spiritual, 442
- Maynard, I., 93
- May-Trainor, Misty, 155
- MBCR (Mindfulness-Based Cancer Recovery), 6
- MBCT (Mindfulness-Based Cognitive Therapy), 6, 154, 236, 287, 336, 520
- MB-EAT (Mindfulness-Based Eating Awareness Training), 7, 336–8
- MBRP (Mindfulness-Based Relapse Prevention for Substance Abuse), 7
- MBSR (Mindfulness-Based Stress Reduction), 5–7, 59, 104, 154, 159, 188, 193, 213, 227, 236, 239, 287, 303, 307–10, 336, 360, 516, 528
 - as preventative treatment, 5
 - benefits, 159, 308
 - exercise and, 308–9
 - goal, 304
 - protocol, 307–8, 323
- MBT (Mindfulness-Based Therapy)
 - outcomes, 11–13
- MBT-I (Mindfulness-Based Therapy for Insomnia), 6
- MBTSR (Mindfulness-Based Tinnitus Stress Reduction), 24
- McCann, Sean, 231
- McCarthy, J. M., 476
- McCarthy, M., 471
- McCloughan, L. J., 375
- McGonical, Kelly, 223
- McIntosh, W. D., 328
- McKinley, P., 388
- McLaughlin, Keauna, 217–18
- McPherson, G., 423
- Mechanisms of Mindfulness Practice for Athletes, 313–16
- meditation, 466–7
 - benefits, 131–3
 - breathing, 168–9
 - Buddhist, 144
 - cognitive neuroplasticity and, 131
 - concentrative, 8, 391
 - contemplative, 8
 - defined, 7
 - goal, 7
- mindful, 8, 519
 - outcomes, 11–13
- running, 169
- stress and, 131
- techniques, 7–8
- walking, 168–9, 246
- Zen, 8
- Meichenbaum, Donald, 129
- Meiklejohn, J., 467, 479
- Mendelson, T., 478
- Mendius, R., 522
- Mental Skills Training, mindful, 354–6
- mentalizing (Premack and Woodruff), 445
- MEQ (Mindful Eating Questionnaire), 326
- mesosystem, 477
- Metta/Karuna* (Loving Kindness and Compassion), 529
 - mantra, 532–3
- microsystem, 477
- Miller, G., 288
- mind
 - emotional, 335
 - reasonable, 335
 - wandering, 200
- MIND (Music Instruction Non-Deficit) model, 412, 419–28
- mindfulness, 390–1
 - acceptance-based models of, 35–7
 - as a cognitive mode/state, 13–14
 - aspects of, 9
 - attention, stress and, 230–1
 - axioms of, 286
 - based stress-performance curve (Hassed), 275
 - benefits, 18, 286–8, 479
 - Buddhist, 360–1, 424, 442, 527
 - purpose, 61
 - Zen, 242
 - Chinese athletes and, 237–62
 - collective (defined, Obstfeld), 401
 - compassion and, 54–7
 - components, 4, 14–15
 - of common practice, 515
 - defined, 376, 389, 527
 - AFL, 274
 - Beall, 175
 - Bishop, 187, 216, 489
 - Buddhism, 516–17
 - Eastern approach, 20
 - Jha, 390
 - Kabat-Zinn, 4, 54, 89, 102, 136, 153, 186, 286, 303, 323, 360, 367, 390, 412, 516, 524–8
 - Langer, 103, 114, 153, 303, 351, 469, 498, 516–17

- MAAS, 17
- MAIC, 245
- Neff and Germer, 61–2
- Western approach, 20
- detached (Wells), 415
- digitally delivered, 288–90
- Eastern
 - approach to, 4–13
 - versus Langerian, 103
- emotions and, 41
- exercises, 43
- flow and, 88–91
- formal practice, 223–5, 227, 517–20
- goal, 4, 323
- interpersonal, 440–60
- intervention applications of, 136
- intrapersonal, 443–4
- Langerian, 414, 424, 469–71
 - characteristics, 103, 106
 - concentration and, 362–3
 - infinite possibilities and, 105–8
 - key to, 103
 - liminal performance spaces and, 114–22
 - traditional mental skills training and, 354–6
- measurement, 9–11
- mechanisms, 7–9
- meditation (MM)
 - with sport-specific component, 189–92
 - without sport-specific component, 189
- mobile technology applications, 281
 - AEON, 289
 - Headspace, 289
- neuroscience of, 136
- nonstriving, 178
- practical, 279–86
 - protocol, 279
- practice, 534–6
 - performance, 535
 - post-performance, 535
 - pre-performance, 534–5
- research, 286–91
 - sport psychology and, 360–1
- science of, 228–30
- self-compassion and, 199
- socially vulnerable youth and, 477–80
- sport and
 - benefits for athletes, 155–9
 - collegiate soccer, 530–4
 - current approaches, 159–60
 - initial applications, 159–60
 - mechanisms for enhancing performance, 441
- state, 17
- tenets (Kabat-Zinn), 303
- theory, 286–91
- therapeutic, 4
- training, 33
- trait, 18, 20, 138, 327
- Western approach to, 13–19
- work/life balance and, 119–22
- youth sport and, 466–7
- Mindfulness in Plain English* (Gunaratana), 531
- Mindfulness-Based Childbirth and Parenting
 - Education, 6
- mindlessness, 352
 - defined, 14
- mindset
 - fixed, 420
 - growth, 420
- mirror neurons, 451
- Mitchell, J., 290
- MM (Mindfulness Meditation), 375–84
- MMFT (Mindfulness-Based Mind Fitness Training), 6, 192
- MMTS (Mindfulness Meditation Training for Sport), 190, 530–4
 - goal, 530
 - protocol, 530–4
- modification
 - cognitive, 32, 43–5
 - defined, 43
- modulation
 - response, 32
 - defined, 45
- Mollen, D., 489
- Moor, K. R., 328
- Moore, A., 135
- Moore, Zella E., 53, 73, 90, 137–9, 157, 160, 190, 203, 229, 367, 440, 518
- Moran, A., 89
- Morgan, G., 313, 441
- Morrow, K. V., 468
- Mosvich, A. D., 65
- mothering, good-enough, 447
- motivation
 - intrinsic, 426–7
 - regulation
 - prevention-focus, 503
 - promotion-focus, 503
- Moyle, G. M., 375–8
- mPEAK (Mindful Performance, Awareness, and Knowledge), 65, 199–203
 - background, 199–203
 - BMX professional cyclists and, 199–203
 - four pillars of, 199–203
 - intervention, 202–3
 - pre-mPEAK program research, 199–203
 - sport and, 202–3

- MSPE (Mindful Sport Performance Enhancement), 72, 90, 154–78, 191–2, 368, 518
 description, 161
 empirical support, 161–3
 goal, 161
 maximizing, 171–4
 leader, 171–4
 participant, 171–4
 overview, 161
 protocol, 163–70, 236
 Muesse, M. W., 226
 music, 412–28
 adolescents and, 424–6
 adults and, 426–7
 beginners and, 421–4
 education
 current state of, 415–19
 mindful, 414–15
 Langerian mindfulness and, 350–3
 playing together, 427–8
 NAP (Nonoverlap of All Pairs), 256
 NATs (negative automatic thoughts), 7
 NCHS (National Center for Health Statistics), 301
 needs, 505–6
 acquired, 505
 defined, 505
 Neff, Kristin D., 61–3, 198
 neurobiology, 452–5
 neuroception (defined), 453
 neuroplasticity (defined), 478
 neuroscience, 450–1
 cognitive, 130–6
 translational, 460
 Ng, S. W., 301
 nonattachment, 315
 nonaversion, 10
 nondiscrimination, 4
 Norcross, J. C., 449
 not judging, 4
 not striving, 4
 noticing, 491
 mindful, 472–3
 Noticings per Breath (NPB, Goldstein), 532
 Nott, Tara, 221–3, 225
 Novak, T. P., 88
 novelty seeking and producing, 14
 Nukkala, M. J., 468
 Nunn, R. G., 398
 object-relations theory (Winnicott), 447
 observation, 10
 observing, 10–11
 Obstfeld, D., 401
 Oh, K., 328
 Okung, Russell, 285
 Olympic Games, 213–28, 231–2
 Olympic rowers, 104, 160, 213
 O'Neal, Peggy, 298
 open-mindedness, 4
 orbitomedial prefrontal cortex (OMPFC), 453
 Orlick, Terry, 62, 89
 Oxford–Cambridge 1987 rowing race, 115–17
 Pacilio, L. E., 293
 pain
 desensitization, 6
 orienting toward, 194, 196–7
 Parent, Joe, 229
 Pates, J., 93
 patience, 4
 Paulus, Martin, 186, 188, 192, 194
 PBCT (Person-Based Cognitive Therapy), 287
 PCC (posterior cingulate cortex), 196
 Penn State University basketball team, 155
 perfectionism, 194, 197–9, 201
 healthy, 497
 performance
 agency and, 113–14
 creative
 Langerian mindfulness and, 105
 dukkha, 56–7, 73
 coping strategies for, 68
 Langerian mindfulness enhancing, 118–19
 mindful, 367–8
 benefits, 521–4
 future of, 524–30
 historical/cultural contexts, 440–3
 research, 524–30
 future, 534–7
 sport, 368
 mindful acceptance-based models of, 129
 modes of action and, 104
 optimizing, 349–64
 story, 195, 200
 Perry, S. K., 88
 Peterson, C., 419
 Phelps, Michael, 218–19, 230
 Phillips, J. C., 344
 PHLMS (Philadelphia Mindfulness Scale), 10
 Pilates, 370, 372–3, 379, 384
 Pinniger, R., 371
 Pirson, M., 15
 Popkin, B. M., 301
 possibility, Langerian, 107
 practice
 deep, 534
 deliberate, 539

- Premack, D. G., 445
 presence
 gift of, 494
 mindful, 515
 present-focus, 4, 311
 Prichard, I., 329
Problem formula, 508
 proprioception
 defined, 200
 PST (psychological skills training), 37, 441
 traditional, 44, 127, 129, 145
 basic assumption, 236
 versus mindfulness and acceptance-based
 models, 145
 psychoanalytic theory, 488
 psychology
 performance
 defined (APA), 374
 mindfulness research and, 360–1
 positive, 3, 274, 375, 497
 sport, 47
Psychology of Enhancing Human Performance,
 The (Gardner and Moore), 229
- qi* (Chinese life force), 359
 Quin, R. H., 370
- Raudenbush, B., 341
 reappraisal, 35
 antecedent, 43
 Reed, A., 341
 regression to the mean, 456
 regulation
 affective, 477
 emotional, 522
 Regulatory Focus Theory, 503
 relationships
 neurobiological aspects of coaching, 449–50
 relevance of, 448–9
 relaxation, 157–9
 re-perceiving, 9
 defined, 286
 resilience (defined), 193
 response, modulation, 45–7
 Responsibility Model (Hellison), 471
 RFT (Relational Frame Theory), 310
 Ridley, C. R., 489
 Rippe, J., 237, 360, 517
 Roberts, G. C., 87
 Roos, Paul, 272, 284
 Rose, Murray, 277
 Rosenzweig, S., 448
 R  thlin, P., 313, 441
 rumination, 41–2, 316
 Russell, T., 401, 414
- Russell, W. D., 102
 Ryan, R. M., 95
 Ryff, Carol, 505
- Sacred Hoops* (Jackson and Delehanty), 155, 215,
 220, 456
 Safer, D. L., 336
 Salmon, P., 157, 304, 309, 329
 Sanskrit
 discernment (Pali, *panna*), 527
 Santerre, C., 4
 Santorelli, Saki, 227
 Saron, Cliff, 228
 Sashin, Jerome, 59
sati (pali, mindfulness), 4
 savoring, 420–1
 scales
 Langerian
 brief mindfulness, 17
 LMS (Langerian Mindfulness/Mindlessness
 Scale), 17
 LMS14 (Langer Sociocognitive Mindfulness
 Scale), 17
 Scharmer, Otto, 536
 Schuler, J., 102
 Schwartz, G. R., 4
 Scott, A. J., 328
 Searle, Peta, 298
 Seattle Seahawks, 154
 Sedlmeier, P., 530
 Segal, Z. V., 135, 154, 170, 172, 174
 self
 -acceptance, 491–2
 as context, 311
 -awareness, 488–509
 barriers, 495–6
 benefits, 491–4
 defined, 489
 Goleman, 494
 flow and, 94
 mindful, 490
 theoretical background, 488–90
 -compassion, 54, 61–4, 197–9, 325
 benefits, 63
 components, 198
 defined (Neff and Germer), 61, 198
 dimensions, 61–3
 in sport, 63–7
 -consciousness
 flow and, 95
 lack of, 80
 -criticism, 68
 -efficacy, 420
 defined, 523
 -kindness, 61, 198

self (cont.)
 -referential processing, 226
 -regulation, 19, 314, 477
 attentional, 134
 -talk, 44, 146, 349
 Seligman, Martin E. P., 419, 499, 505
 Semple, R. J., 135
 Sephton, S. E., 344
 Serretti, A., 188
 Sexton, T. L., 449
 Shakeshaft, C., 447
 Shamatha project, 228
 Shapiro, S. L., 4, 9, 286
 Sheldon, K. M., 94–5
 Shiffrin, Mikaela, 218
 Si, G.-Y., 243
 Sibling, E. M. S., 478
 Siegel, Daniel J., 227, 453
 Siegel, Ronald, 54, 164, 227
 Simmons, A. L., 417
 Simons, J. S., 58
 simulation, 47
 situation
 modification, 32, 39–40
 selection, 32, 37–9
 defined, 37
 Slagter, H. A., 132, 466
Smartphone Psychology Manifesto (Miller), 288
 SMQ (Southampton Mindfulness Questionnaire), 10
 Sobal, J., 321, 324
 Socrates, 269
 somatics, 372–3
 defined (Hanna), 372
 Somov, P. G., 324
 soothing/contentment, 69
 Stankovic, D., 189, 521
 Stanley, E. A., 233
 Stapleton, A. B., 171, 174
 strengths, signature, 419
 stress, 304
 -inoculation training, 129
 -performance curve (Yerkes & Dodson), 275
 resilience, 192
 Stress Reduction and Relaxation Program, 303
 Strosahl, K. D., 334
 Styles, M. B., 468
 suppression, cognitive, 44, 46
 Sutcliffe, K. M., 401
 Sweet, P. L. G., 392
 swimmers, synchronized, 250–62
 Sze, J. A., 371

tai chi, 373, 384
 Tate, E. B., 65
 teaching
 asset-based, 413
 deficit-based, 413, 417
 TEAM (Theoretical Evolving Activities in Mentoring), 468
 Team Support (program), 471
 Teasdale, John D., 154, 228, 230
 Teper, R., 135
 Terry, P. C., 87
 Theeboom, M., 465
 Theorell, T., 97
 Thich Nhat Hanh, 442–3
 Thienot, E., 484
Thinking Fast and Slow (Kahneman), 456
 Thompson, R. A., 31
 Thompson, R. W., 143
 Thorsteinsson, E. B., 388
 thoughts and thinking, 498–500
 adversive, 55
 accepting, 53
 negative, 500, 522–3
 nonattached, 242
 versus attention, 218–19
 threat, 69
Three Cs (Jowett), 444
 Tiggemann, M., 329
 time transformation, 81
 TMSS (Toronto Mindfulness Scale), 11
 TMST (Toronto Mindfulness Scale–Trait version), 10
 tolerance
 of *what is*, 473–4
 windows of, 453
 Transactional Analysis (TA) (Bern), 119, 488
 Trungpa, Chögyam, 442
 trust, 4
 Tylka, T. L., 327
 Ullen, F., 97
 Ulmer, R. B., 304
 University of Massachusetts, 213
 University of Michigan basketball team, 155
 Valentine, E. R., 392
 validation, social, 255, 260–1
 values, 240, 313
 clarifying, 314
 defined, 248
 value-free stance, 4
 Verma, S. K., 189
 Villanova University football team, 155
Vipassana, 367

Index

553

- Virtues in Action model (Seligman and Peterson), 419
- Vlachopoulos, S. P., 87
- vulnerability, social, 465
- Wall, R. B., 309
- Wallace, Alan, 465, 471, 482
- Wallace, B. A., 4
- Walsh, Kerri, 155
- Wang, C., 89–90, 104, 138, 362, 399
- Wansink, B., 321, 324
- wants, 503–4
 - priority of, 503
- Weare, K., 467
- Weick, K. E., 401
- Weinberg, R., 174, 176
- well-being, 269–71
 - mindful, 274
 - strategy, 273–9
- Wells, A., 426
- Whiston, S. C., 449
- Whole-Nation sport system, 238, 241, 243
- Wilcox, J. A., 328
- Wilde, Oscar, 269
- Willett, B. R., 242
- Williams, J. M. G., 154, 212
- Williams, Ricky, 155
- Wilson, C., 326, 329
- Wilson, K. G., 334
- Winnicott, Donald, 446–8
- Wiseman, M. C., 344
- Wong, L., 233
- Woodruff, G., 445
- Woods, Tiger, 157
- worry, 41–2, 316
- Wrigley, W. J., 88
- Yerkes, R. M., 275
- Ying, Y. F., 359
- yoga, 309–10, 312, 329, 372–3, 379, 384, 478, 481, 529
 - Hatha, 307–8
 - mindful, 168
- Yuan, J. W., 388
- Yutong Luo, 235
- Zeidan, F., 132, 466
- Zen Golf* (Parent), 229
- Zhang, C. Q., 240
- Zone of Optimal Functioning, 194