

Title:

Choking: performance anxiety in sports

Word Count:

599

Summary:

Professional athletes tend to be put under a lot of pressure. In some cases, that pressure gets

Keywords:

performance anxiety

Article Body:

Picture the scenario, if you want.

You're at the big one, playing Madison Square Garden. You're in front of a sold-out crowd, the

It is far from pleasant, but for some boxers, this is a harsh and real possibility. The slight

Performance anxiety can literally cost you a championship. However, the problem isn't just a c

Of course, performance anxiety does not necessarily have to be limited to one's performance co

For many experts, it is no longer about how to prevent performance anxiety. In many ways, athl

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