



# **Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance**

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## Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance

A thorough, readable primer for the practitioner and student, detailing case studies on the art and science of biofeedback and neurofeedback in practice.

- Includes case-study examples focusing directly on improving human performance in non-clinical populations utilizing biofeedback and neurofeedback techniques
- Links theory and practice for scholars and practitioners in the field
- Acknowledges both the art and science of utilizing these tools for performance-related gains in sports and artistic fields, presenting unique case studies detailing the variety of procedures used
- Offers comprehensive coverage of key topics and procedures in an emerging field



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