



Motor Behavior: Connecting Mind and Body for Optimal Performance

Jeffrey C. Ives Ph.D.

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Ives' *Motor Behavior* book takes a functional approach to motor control and learning that is in keeping with the modern use and understanding of these topics. This book will be the most applied on the market. It takes the basic concepts of motor learning and motor control and integrates them to discuss questions such as how our emotions affect physiological outcome. This title is unique in that it goes beyond just explaining motor control and motor learning to help students understand how these disciplines interact with each other to affect behavior.

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