

References

- Gollwitzer, P.M. (1999) 'Implementation intentions: Strong effects of simple plans', *American Psychologist*, 54(7), pp. 493–503.
<https://doi.org/10.1037/0003-066X.54.7.493>
- Hatzigeorgiadis, A., Zourbanos, N., Galanis, E. and Theodorakis, Y. (2011) 'Self-talk and sports performance: A meta-analysis', *Perspectives on Psychological Science*, 6(4), pp. 348–356.
<https://doi.org/10.1177/1745691611413136>
- Lehrer, P.M. and Gevirtz, R. (2014) 'Heart rate variability biofeedback: How and why does it work?', *Frontiers in Psychology*, 5, 756.
<https://doi.org/10.3389/fpsyg.2014.00756>
- Crum, A.J., Salovey, P. and Achor, S. (2013) 'Rethinking stress: The role of mindsets in determining the stress response', *Journal of Personality and Social Psychology*, 104(4), pp. 716–733.
<https://doi.org/10.1037/a0031201>