# Article information:

Mindfulness in Sport: An Intervention for a Choking-Susceptible Athlete.: EBSCOhost 檢索系統
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# Article summary:

1. Mindfulness in sport can be an effective intervention for athletes who are susceptible to choking under pressure.

2. Choking refers to a decline in performance due to increased self-consciousness and anxiety during high-pressure situations.

3. The practice of mindfulness, which involves focusing on the present moment without judgment, can help athletes reduce anxiety and improve their performance by enhancing their ability to stay focused and calm under pressure.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

根据提供的信息，无法对文章进行详细的批判性分析。提供的内容只是关于EBSCOhost检索系统的一些声明，并没有提供有关文章内容的任何信息。因此，无法提供关于潜在偏见、片面报道、无根据的主张、缺失的考虑点、所提出主张的缺失证据、未探索的反驳、宣传内容等方面的见解。

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