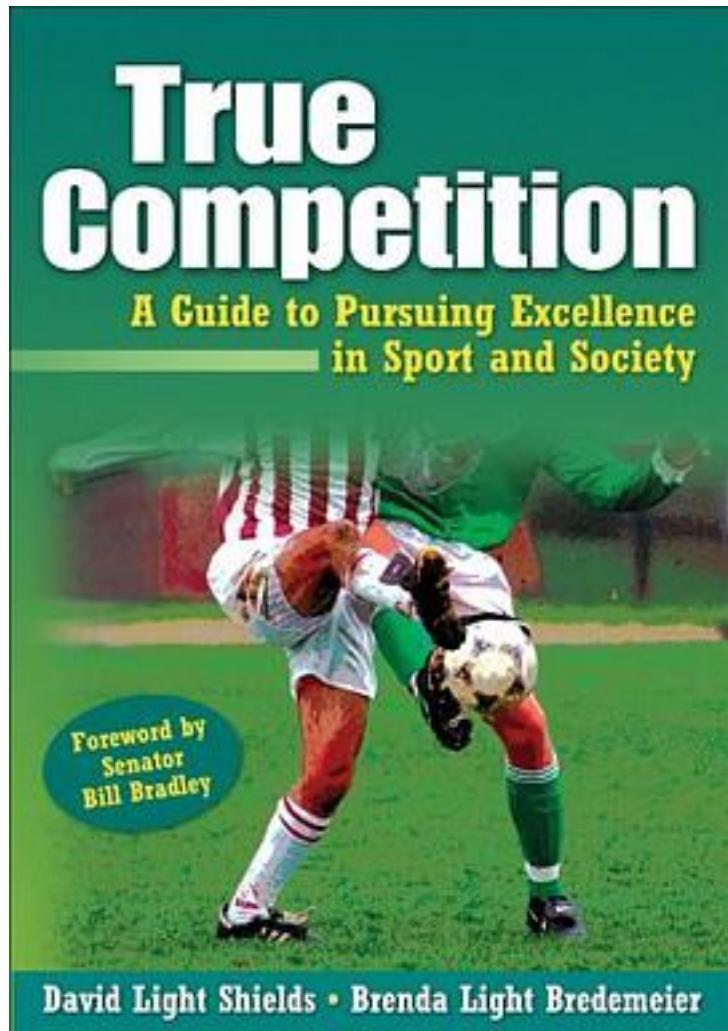


# True Competition



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This is a book which offers a blueprint for maximising the potential of competition to

foster excellence and enjoyment. With this text, readers will learn the differences between positive and negative competition and they will discover how to implement change in their organisations, teams and individual practices. The authors of this groundbreaking book, who are leading experts in sport psychology, redefine what competition is and should be. Unlike the more typical and often socially destructive form of competition, which they call decompetition, true competition brings out excellence in participants, fosters positive character development and leads to lasting enjoyment. The research-based text uses a field-guide approach, in which the components of true competition are presented. This approach helps readers understand competition and how it is being used in their own lives. While the book relies heavily on the arena of sports, it also provides many examples of applying this revised understanding of competition in business, education, politics and other non-sport environments. To enhance the learning experience, the book offers features such as scholarly analysis of competition presented in a clear and engaging writing style and making the concepts easily accessible to any reader. By applying the information presented in this text, students, professionals and athletes will learn how to maximise the benefits of competition by avoiding decompetition. Not only will they understand how to recognise and respond to positive and negative forms of competition, but they also will gain the tools they need in order to promote true competition in their own lives.

作者介绍:

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