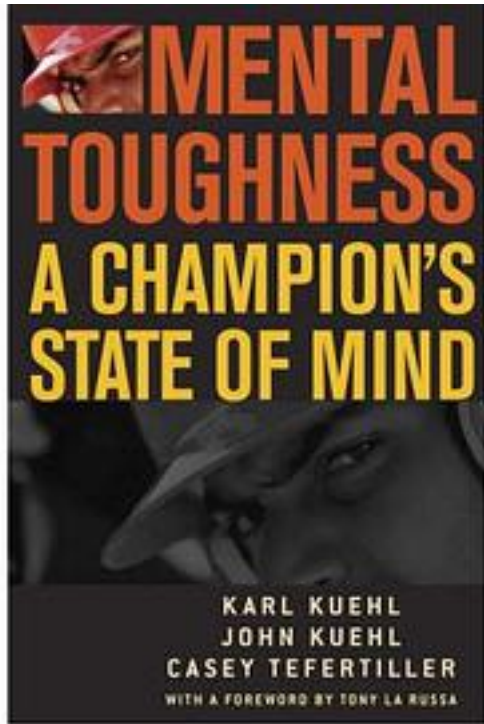


Mental Toughness



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Mental toughness is one of the most common terms used in sport - by athletes, coaches, spectators and the media. However, it is also one of the least understood terms. This book provides a definitive and readable overview of the area, and presents the cutting-edge research in the field of mental toughness. The book introduces the historical and conceptual arguments behind this research, and looks at the characteristics and development of mentally tough sport performers. It suggests that mental toughness is a personality style and mindset, presenting a case for its inclusion

within the positive psychological paradigm. The book also explores various measures of this concept and their psychometric properties, and considers cultural and national perspectives as well as the possibility of mental toughness heredity. Sheard exposes the development and maintenance of mental toughness as a factor for successful sport and life performance, and discusses the possibilities for future research on the subject. This book is unique in considering the idea of mental toughness as an 'achievement mindset' and is an invaluable resource for sport and exercise psychology and science students and lecturers. It also provides an important reference for sport participants, coaches, and enthusiasts.

作者介绍:

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