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Nota di contenuto

Chapter 1: Embracing Emotional Regulation in Peak Performance -- Chapter 2: The Two Faces of Performance Anxiety -- Chapter 3: Self-Regulation Strategies for Repetitive Thoughts -- Chapter 4: A Strengths-Based Approach to Attentional Regulation -- Chapter 5: Sensory Sensitivity and Strengths in Autism -- Chapter 6: Skills to Manage Traits of Vulnerable Narcissists -- Chapter 7: Integrating Peak Performance and Wellbeing.

Sommario/riassunto

This unique book shows how traits and emotional patterns, often seen as barriers, can be transformed into powerful assets for success. Through fascinating case studies and science-backed strategies, readers learn to regulate emotions, build emotional resilience, sharpen focus, and achieve personal and professional excellence. Each chapter delivers practical tools for strengthening emotional regulation, addressing negative thinking, and improving adaptability. Core theories—including Maslow's hierarchy of needs, Csikszentmihalyi's flow, and Hanin's individual zone of optimal functioning—are brought to life through real-world examples, making complex ideas accessible and actionable. Promoting a neurodiversity-affirming approach, the book invites readers to move beyond deficit thinking and unlock the full potential of individual strengths. Structured reflection, measurable progress tracking, and tailored environment design are essential to long-term performance and wellbeing. Whether you are an athlete, entrepreneur, healthcare professional, academic, or leader, this book challenges you to redefine success. Excellence is not about perfection or pressure but adaptability, emotional mastery, and sustainable growth. This is your vital guide to flourishing, even when the pressure is at its highest. It is packed with ideas and practical solutions that you can tailor to your specific journey. Dr Peter Hassmén is a Professor of Psychology at Southern Cross University, Australia, where he contributes to the Faculty of Health, focusing on mental health and wellbeing. He earned his PhD in psychology from Stockholm University, Sweden, in 1991 and was promoted to professor in 2001. Peter has authored over 150 peer-reviewed research articles and ten books throughout his academic career. Dr Emily Hindman is a Clinical Neuropsychologist, Clinical Psychologist, and Adjunct Associate Professor at Southern Cross University, Australia. Emily is a committed advocate for neurodiverse individuals and a leading voice in strength-based, neurodiversity-affirming approaches to psychological wellbeing. She brings over 15 years of experience supporting both children and adults with complex mental health and neurodevelopmental conditions, including anxiety, attention-deficit/hyperactivity disorder, autism spectrum disorder, obsessive-compulsive disorder, and trauma-related disorders. .
