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Titolo	Mental toughness in sport : developments in theory and research // edited by Daniel F. Gucciardi and Sandy Gordon
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Altri autori (Persone)	GordonSandy <1951-> GucciardiDaniel
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8. Mental toughness development: issues, practical implications and future directions: Declan Connaughton, Richard Thelwell and Sheldon Hanton; 9. Mental toughness as a life skill: Daniel Gould, Katherine Griffes and Sarah Carson; 10. Understanding and developing the will to win in sport: perceptions of parents, coaches and athletes: Clifford J. Mallett and Tristan J. Coulter; 11. Building mental toughness: Robert Weinberg and Joanne Butt; Conclusion; 12. Mental toughness in sport: past, present, and future: Daniel F. Gucciardi and Sandy Gordon; Index

Sommario/riassunto

This book brings together the world's leading researchers and practitioners working on mental toughness to discuss this vital ingredient of performance excellence in sport, to survey the latest research and to present cutting-edge developments in theory and professional practice. Also highlighting important avenues for future research, it is essential reading for all advanced students, researchers and practitioners with an interest in sport psychology or performance sport.

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