

1. Record Nr.	UNINA9910785783103321
Autore	Sheard Michael <1968-, >
Titolo	Mental toughness : the mindset behind sporting achievement // Michael Sheard
Pubbl/distr/stampa	Hove, East Sussex ; ; New York : , : Routledge, , 2013
ISBN	1-136-24523-5 1-283-58655-X 9786613899002 1-136-24524-3 0-203-10354-8
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (281 p.)
Classificazione	PSY000000SPO000000
Disciplina	796.01
Soggetti	Sports - Psychological aspects Athletes - Psychology Mental discipline Achievement motivation
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	""Front Cover""; ""Mental Toughness""; ""Copyright Page ""; ""Contents""; ""List of figures ""; ""List of tables""; ""The Mental Toughness Code""; ""Preface and acknowledgements""; ""1. Introducing mental toughness""; ""2. Characterising mental toughness""; ""3. Conceptualising mental toughness""; ""4. Measuring mental toughness""; ""5. Developing and maintaining mental toughness""; ""6. Concluding mental toughness"" ""Appendix A: Measuring mental toughness: construct validation of the alternative Psychological Performance Inventory (PPI-A) and the Sports Mental Toughness Questionnaire (SMTQ)""""Appendix B: Resisting stress in sports officiating: the moderating role of positive psychology""; ""Notes""; ""References""; ""Index""