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Nota di contenuto	Front Cover; Attachment in Sport, Exercise, and Wellness; Copyright Page; Contents; Acknowledgements; Introduction; 1. Sketching the origins and assumptions of attachment theory; 2. Contrasting perspectives and measurement in adult attachment research; 3. Attachment and sport motivation; 4. Attachment and group cohesion in sport; 5. Attachment, reactions to stress, and coping in sport; 6. Attachment and social relationships in sport; 7. Attachment, exercise, and health; Concluding thoughts; References; Index
Sommario/riassunto	Attachment theory is a concept well known to 'mainstream' psychologists, informing the literature in areas as diverse as psychodynamics, developmental psychology, social psychology and counselling. This important new book is the first to demonstrate the relevance of attachment theory to the psychology of sport, exercise and wellness, opening up important new avenues for research and professional practice. In this book, author Sam Carr explains that attachment theory can help us to better understand well established themes and processes in sport and exercise, including motivatio