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Mental Toughness in Sport: Developments in Theory and Research (Routledge Research in Sport and Exercise Science)

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The pursuit of excellence in sport depends on four key facets of performance, namely physical, technical, tactical and mental skills. However, when physical, technical and tactical skills are evenly matched, a common occurrence at elite level, it is the performer with greater levels of mental toughness that seems to prevail most often.

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. It explores key conceptual, methodological and practical issues including:

- what mental toughness is and is not
- how to measure mental toughness in sport
- how to develop mental toughness in sport
- mental toughness in other human performance settings, from business to coping and life skills.

Also highlighting important avenues for future research, *Mental Toughness in Sport* is essential reading for all advanced students, researchers and practitioners with an interest in sport psychology or performance sport.

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