



Developing Mental Toughness: Improving Performance, Wellbeing and Positive Behaviour in Others

Peter Clough, Doug Strycharczyk

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Mental toughness is measured by how effectively individuals respond to stress, pressure and challenge. *Developing Mental Toughness* clearly and effectively explains the concept of mental toughness and traces its development from sports psychology into organizational development, health and education.

This book covers the key skills and techniques required to recognize, use and develop mental toughness in others including evaluation, ROI and improving attention spans. The authors consider mental toughness in relation to education, working in teams and career planning, and they discuss the four core pillars of mental toughness:

- Challenge*: seeing challenge as an opportunity
- Confidence*: having high levels of self-belief
- Commitment*: being able to stick to tasks
- Control*: believing that people control their own destiny

Written for coaches looking to improve the performance of individuals and teams, *Developing Mental Toughness* contains practical guidance on techniques that will provide skills for responding to and harnessing the effects of stress and pressure.

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Henry Slaughter:

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication untitled *Developing Mental Toughness: Improving Performance, Wellbeing and Positive Behaviour in Others* can be fine book to read. May be it may be best activity to you.

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