



In Praise of Failure: The Value of Overcoming Mistakes in Sports and in Life (Hardback)

By Mark H. Anshel

ROWMAN LITTLEFIELD, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. Not only is failure in sports, exercise, and even in the workplace inevitable in an imperfect world, it is actually essential to succeeding and performing at the highest level. What we label failure is, in fact, not failure at all. Instead, it is merely a component of learning, improving, and eventually reaching our optimal performance. Mark H. Anshel uses sports psychology in a grounded, easy-to-read manner in order to show individuals that failure is an integral component of achieving success in sport and in life. In this book, failure in sport and exercise settings is examined in a far more desirable and positive light than sports leaders, coaches, and athletes typically acknowledge, revealing how the highest-performing athletes have one characteristic in common—they learned and improved from failure.

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