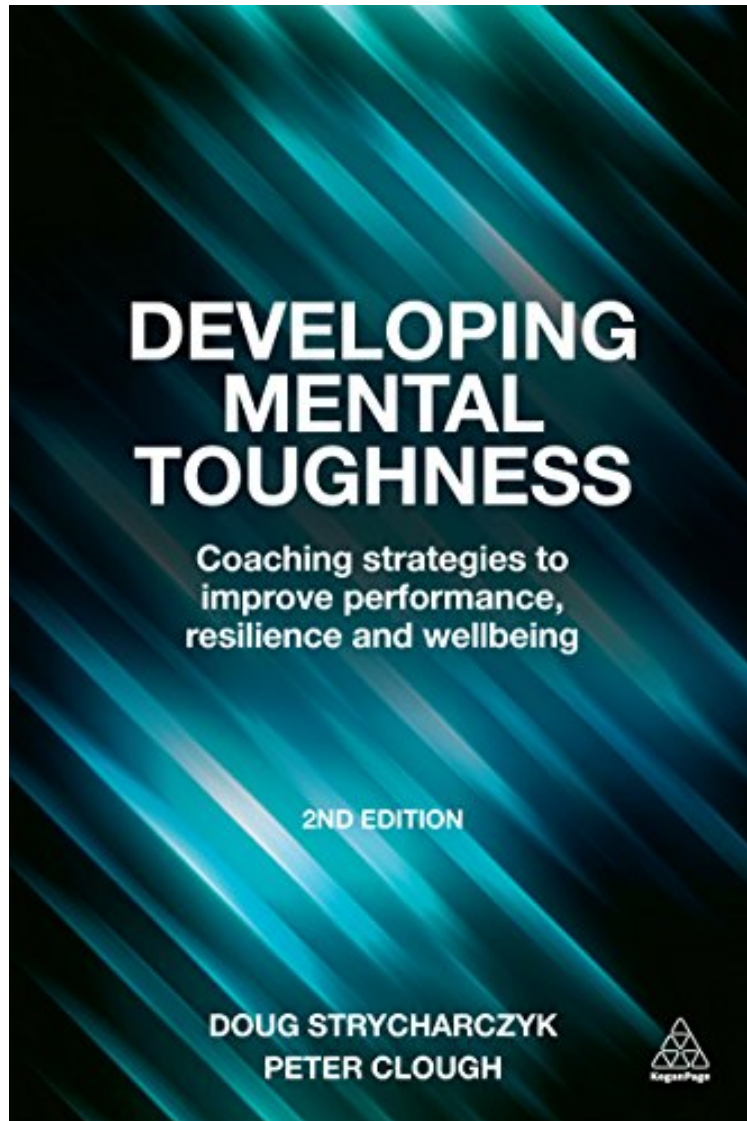


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## Developing Mental Toughness: Coaching Strategies to Improve Performance, Resilience and Wellbeing

*Peter Clough, Doug Strycharczyk*  
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**Peter Clough, Doug Strycharczyk : Developing Mental Toughness: Coaching Strategies to Improve Performance, Resilience and Wellbeing** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Developing Mental Toughness: Coaching Strategies to Improve Performance, Resilience and Wellbeing:

Mental toughness is about how effectively individuals deal with stress, pressure and challenge. It is rooted in the notion of resilience but moves beyond this by adding ideas from the world of positive psychology. The result is a complete process which is highly applicable and measurable. Tracing its development from sports psychology into business, health and education sectors, *Developing Mental Toughness* was the first book to look at applications at the organizational level and to provide a reliable psychometric measure. The new edition includes greater coverage of how mental toughness relates to other behaviours and can be applied to leadership, creativity, emotional intelligence, and motivation. It also looks at its applications in employability and entrepreneurship, and has expanded coverage of coaching for mental toughness. Written for anyone coaching individuals and teams for improved performance, the book contains practical guidance and techniques, exercises, case studies and the Mental Toughness self-assessment tool, all reflecting the exciting developments in this field over the last five years.

"A great many today are concerned with the twin goals of resilience and positive psychology to deal with the challenge of the 21st century. This book offers the potential to solve this recurrent problem facing today's organizations."