



The Psychology of Perfectionism in Sport, Dance and Exercise

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Perfectionism has been found to play an important yet complex role in sport, dance and exercise.

This collection provides a comprehensive and up-to-date account of theory, measurement, research findings, and practitioner issues associated with perfectionism, providing readers with insights into both its benefits and its costs. The book features contributions from many of the leading researchers in the field, and also includes recommendations from experienced practitioners and clinicians on how best to work with perfectionists.

This book will provide students and researchers in sport and exercise psychology, as well as coaches and instructors in sport, dance and exercise, with an invaluable resource to guide their research and practice.

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