

Attachment theory is a concept well known to ~mainstream~™ psychologists, informing the literature in areas as diverse as psychodynamics, developmental psychology, social psychology and counselling. This important new book is the first to demonstrate the relevance of attachment theory to the psychology of sport, exercise and wellness, opening up important new avenues for research and professional practice. In this book, author Sam Carr explains that attachment theory can help us to better understand well established themes and processes in sport and exercise, including motivation, social relationships, cognitive models of coping, and group processes. By introducing the core elements of attachment theory and mapping out those areas in which it can inform the knowledge and practice of psychologists working in sport, exercise and wellness, this book represents an innovative and important contribution to the psychological literature.

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