



Flourishing for Sports: Well-being of a Sportsman from Perspectives of Positive Psychology

Crystal Wu

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This book is about flourishing of life in the field of sports. It contains the latest concepts about psychological well-being, from the perspectives of positive psychology. Unlike most of the psychological books about sports, which usually focus on achieving sporting success and excellence, this book emphasises how athletes can draw on their strengths to become flourished whole persons. Fascinating stories of a respectable sporting role model, Roger Federer, will be told. If you are an athlete or a sports fan, you will find this book very easy and interesting to follow. Even if you are not, you will find the book useful as long as you are a pursuer of happiness and a quality life. In this book, I encourage you to look for some valuable ideas that may help you enhance your psychological well-being. My hope is that reading this book will be an initial step leading you to a life-long journey of pursuing a flourished life of your own.

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