



True Competition

David Light Shields, Brenda Light Bredemeier

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True Competition: A Guide to Pursuing Excellence in Sport and Society offers a blueprint for maximizing the potential of competition to foster excellence and enjoyment. It provides a novel perspective on competition that challenges traditional beliefs through a research-backed defense that—up until now—has been lacking. With this text, readers will learn the differences between positive and negative competition, and they will discover how to implement change in their organizations, teams, and individual practices.

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