BIBLIOGRAPHY

BOOKS:

Erikson, E. H. (Ed.). (1963). Youth: Change and challenge. Basic books

Ekman, Paul (1992). "An argument for basic emotions". Cognition & Emotion 6: 169–200.

Eysenck, H. J. & Eysenck, S. B. G. (1967). The Biological Basis of Personality. London: Routledge.

Fitts PM & Posner MI (1967) Human Performance. Belmont, CA, Brooks/Cole.

Field, A.P (2009). Discovering Statistics using SPSS. Rock 'n' roll (3rd edition) London: Sage

Gordon Allport(1937).Introduction to Psychology.Tata McGraw Hill publication.pg.568

Goodheart, A. (1994). Laughter Therapy. Santa Barbara: Less Stress Press

Heil, J. & Zealand, C. (2001). Psychological Skills Training Manual. United States Fencing Association Technical Report (No. 2001-01). Colorado Springs, CO: United States Olympic Training Center.

Jung, Carl (1995). Memories, Dreams, Reflections. London: Fontana Press. pp 414–415

Kataria, Madan (2002), Laugh For No Reason (2 ed.), Mumbai, India: Madhuri International

Luft, J.; Ingham, H. (1955). "The Johari window, a graphic model of interpersonal awareness". Proceedings of the western training laboratory in group development (Los Angeles: UCLA).

Moody, R. (1978). Laugh After Laugh. Jacksonville: Headwaters Press

Myers, Isabel Briggs with Peter B. Myers (1980, 1995). Gifts Differing: Understanding Personality Type. Mountain View, CA: Davies-Black Publishing.

Montagu, A. (1989). Growing Young. New York: Bergin and Garvey Publishers

Michel, W., Shoda, Y., & Smith, R. E. (2004). Introduction to personality: Toward an integration. New York: John Wiley

Paivio, A. (1971). Imagery and Verbal Processes. New York: Holt, Rinehart and Winston. (Republished in 1979 – Hillsdale, NJ: Erlbaum.)

Seed Philip and Lylod Greg. (1997). Quality of life. Jessica Kingsley Publisher.pg(4)

Steinem, G. (1992). Revolution from Within: A Book of Self Esteem. Boston: Little, Brown and Company.

Tomkins, Silvan S. (1962), Affect Imagery Consciousness: The Positive Affects Vol. 1, New York: Springer.

Thelma S. Horn(2002). Advances in Sport Psychology-3edn. Human Kinetics Publ.

Uneståhl, L-E: (1982) The use of Sport Psychology in Scandinavia. In P. Klavora & J. Daniel (Eds.): Coach, Athlete and the Sport Psychologist, Champaign, III: Human Kinetics.

Weinberg, R., & Gould, D. (1999). Foundations of Sports and exercise Psychology. 2nd Edition. Human Kinetics.

Weinberg,R.,&Gould,D.(2011).Foundations of Sports and exercise Psychology.5nd Edition. Human Kinetics.pg-247

Yates, F.A. (1966). The Art of Memory. London: Routledge and Kegan Paul.

JOURNALS AND PERIODICALS:

A W Meyers, J P Whelan, S M Murphy(1996). Cognitive behavioral strategies in athletic performance enhancement. Progress in behavior modification. 30:137-64.

Arvind C. Rami Sh. Neeraj Silawat(2009). A study of the psychological factors, anthropometric measurement and physical fitness of selected university players in Gujarat. Shodh, Samiksha aur Mulyankan (International Research Journal). Vol. II, Issue-6.

Antonis Hatzigeorgiadis Nikos Zourbanos, Evangelos Galanis and Yiannis Theodorakis (2011). Self-Talk and Sports Performance A Meta-Analysis. Perspectives on Psychological Science. Vol. 6 no. 4 348-356

Bandura.A.(1977). Self efficacy: Toward a unifying theory of behavioral change. Psychological review,84,191-215

Berk, Lee S; Tan, Stanley A, William F.; Napier, Barbara J.; Lee, Jjerry W.; Hubbard, Richard W.; Lewis, John E.; Eby, William C.(1989). Neuroendocrine and Stress Hormone Changes During Mirthful Laughter. American Journal of the Medical Sciences. 6., 298

Barr, K., Craig, H., & Rodgers, W. (1990)The use of imagery by athletes in selected sports. The Sport Psychologist, 4, 1-10.

Beauchamp, Marla K.; Harvey, Richard H.; Beauchamp, Pierre H.(1996). Effect of Cognitive Behavioral teaching program on Golfers. Journal of Clinical Sport Psychology 6. 1, 67-84. 18

Boris Egloff A. Jan Gruhn(1996). Personality and endurance sports. Personality and Individual Differences . Volume 21, Issue 2, Pages 223–229

Boyd, M., & Zenong, Y. (1999). Cognitive-affective and behavioral correlates of self-schemata in sport. Journal of Sport Behaviour, *22*(2), 288-296.

Barbara L. Fredrickson and Thoma Joiner (2000). Positive Emotions Trigger Upwards spiral towards emotional well being psychological science. 13,2.

Bryant, Richard A.; Moulds, Michelle L.; Guthrie, Rachel M.; Dang, Suzanne T.; Nixon, Reginald D. V(2003). Imaginal exposure alone and imaginal exposure with cognitive restructuring in treatment of posttraumatic stress disorder. Journal of Consulting and Clinical Psychology, Vol 71(4), 706-712.

Beckman, H., Regier, N., & Young, J. (2007). Effect of workplace laughter groups on personal efficacy beliefs. The Journal of Primary Prevention, 28,167-182.

Boelen, Paul A.; de Keijser, Jos; van den Hout, Marcel A.; van den Bout, Jan. (2007)Treatment of complicated grief: A comparison between cognitive-behavioral therapy and supportive counseling. Journal of Consulting and Clinical Psychology, Vol 75(2), 277-284.

Babu, S Mohan (2008). Social skills development of undergraduate students. Journal of Psychological Research., Vol. 52, No. 1, 10-11.

Bimal K. Joshi and Vikram S. Vakani(2011). Personality Differences Between Inter-Collegiate Level Kabaddi and Volleyball Players. Journal of Advances in Developmental Research. Volume 2, No.2(266-267)

Cousins, N. (1976). Anatomy of an illness (as Perceived by the Patient). New England Journal of Medicine, 295, 1458-1463.

Cohn, P. J. (1990). Preperformance routines in sport: theoretical and practical applications. The Sport Psychologist, 4, 301-312.

Cecil Alec Mace: (1994) The man who discovered goal-setting International Journal of Public Administration, 17, 1679 - 1708.

Cooper, P.J., & Steere, J. (1995). A comparison of two psychological treatments for bulimia nervosa: Implications for models of maintenance. Behaviour Research and Therapy, 33, 875–885.

Callow, N., Hardy, L., & Hall, C. (1997)The effects of a motivational-mastery imagery intervention on the sports performance of three elite badminton players. Journal of Applied Sports Psychology, 10, 135

Calmels, C. et al. (2003) Competitive strategies among elite female gymnasts: An exploration of the relative influence of psychological skills training and natural learning experiences. International Journal of Sport & Exercise Psychology, 1, 327-352.

Calmels, Claire; Berthoumieux, Christelle; d'Arripe-Longueville, Fabienne(2004). Effects of an Imagery Training Program on Selective Attention of National Softball Players. Sport Psychologist .Vol. 18 Issue 3, p272-296. 25p. 4

Chris Harwood, Jennifer Cumming, David Fletcher (2004). Motivational Profile and Psychological Skills use within Elite Youth Sport. Journal of Applied Sports Psychology., 16,318-332

Christopher Robert, Wan Yan (2007). The Case for Developing New Research on Humor and Culture in Organizations: Toward a Higher Grade of Manure, in Joseph J. Martocchio (ed.) *26* (Research in Personnel and Human Resources Management, Volume 26), Emerald Group Publishing Limited, pp.205-267

Chikte, Anagha(2012) Laughter Yoga Therapy & Stress Management. Golden Research Thoughts . , Vol. 2 Issue 2, p1-5. 5p.

Decety, J. (1996). The Neurophysiological Basis of Motor Imagery. Behavioral Brain Research, 77,45-52.

De Witt, Daniel J. (1980). Cognitive and Biofeedback Training for Stress Reduction with University Athletes. Journal of Sport Psychology., Vol. 2 Issue 4, p288-294. 7p.

Diener Ed (1984). Psychological bulletin.95.,3,542-574

Daw, Jessica; Burton, Damon(1994). Evaluation of a Comprehensive Psychological Skills Training Program for Collegiate Tennis Players. Sport Psychologist, Vol. 8 Issue 1, p37

David Fletcher Sheldon Hanton(2001). The relationship between psychological skills usage and competitive anxiety responses. Psychology of Sport and Exercise. Volume 2, Issue 2, Pages 89–101

Daniel Gould; Kristen Dieffenbach; Aaron Moffett. (2002). Psychological characteristics and their development in Olympic champions. Journal of Applied Sport Psychology.14(3):172-204

David A. Brodie Allison Inoue, David G. Shaw(2008). Motivational interviewing to change quality of life for people with chronic heart failure: A randomised controlled trial. International Journal of Nursing Studies. Volume 45, Issue 4, Pages 489–500

Devaraju.K, Needhiraja.A,(2012). Prediction of playing ability in kabaddi from selected anthropometrical, physical, physiological and psychological variables among college level players. International Journal of Management. Volume 3, Issue 2, pp. 150-157.

Ellis, Albert. (1994)The Sport of Avoiding Sports and Exercise: A Rational Emotive Behavior Therapy Perspective. Sport Psychologist . Vol. 8 Issue 3, p248-261. 14p.

Eri Eguchi (2011). Laughter and music could lower your blood pressure .American Heart Association's annual conference on nutrition, physical activity, and metabolism. A public health researcher at Osaka University's Graduate School of Medicine. Not pub in journal

Farres, L. G. (2000). A mental training tool: Implementing an effective mental skills training program. BC Coach's Perspective, 4(4), 14-17

Fredrickson, Barbara L; Thomas Joiner (2002). "Positive Emotions Trigger Upward Spirals Toward Emotional Well-Being". Psychological Science 13 (2).

Gill,D.L.(2000).Sports and exercise psychology around the world. International Psychology,33-34,37

Gotwals, John K.; Dunn, John G. H.; Wayment, Heidi A.(2003). An Examination of Perfectionism and Self-Esteem in Intercollegiate Athletes. Journal of Sport Behavior. Vol. 26 Issue 1, p17. 22p.

Hughes, S.. (1990)Implementing psychological skills training program in high school athletics.. Journal of Sport Behavior.Vol. 13 No. 1 pp. 15-22

Haney, Colleen J.(2004). Stress-Management interventions for female athletes: Relaxation and cognitive restructuring. International Journal of Sport Psychology, Vol 35(2), 109-118.

Hamson-Utley, J. Jordan; Martin, Scott; Walters, Jason(2008). Athletic Trainers' and Physical Therapists' Perceptions of the Effectiveness of Psychological Skills Within Sport Injury Rehabilitation Programs. Journal of Athletic Training, Vol. 43 Issue 3, p258

Hope, D.A., Burns, J.A., Hyes, S.A., Herbert, J.D. & Warner, M.D. (2010). Automatic thoughts and cognitive restructuring in cognitive behavioral group therapy for social anxiety disorder. Cognitive Therapy Research, 34: 1-12.

Hae-Jin Ko.Chang-Ho Youn(2011). Effects of laughter therapy on depression, cognition and sleep among the community-dwelling elderly. Geriatrics & Gerontology International. Volume 11, Issue 3, pages 267–274

Ievleva, Lydia; Orlick, Terry(1991). Mental Links to Enhanced Healing: An Exploratory Study. Sport Psychologist. Vol. 5 Issue 1, p25-40. 16p.

John M. Silva III(1982). Competitive Sport Environments Performance Enhancement Through Cognitive Intervention.journal of behavior modification. vol. 6 no. 4443-463

John S. Raglin(1990) . Exercise and Mental Health. Sports Medicine. Volume 9, Issue 6, pp 323-329

Jones, Graham(1993) The Role of Performance Profiling in Cognitive Behavioral Interventions in Sport. Sport Psychologist. Vol. 7 Issue 2, p160-172. 13p.

Jeannerod, M. (1995). Mental imagery in the motor context. *Neuropsychologia*, 33(11), 1419-1432.

James Lowther, Andrew Lane & Helen Lane.(1999). Self-Efficacy and Psychological Skills During The Amputee Soccer World Cup.

Jones, G., Hanton. S., & Connaughton, D. (2002). What is this called mental toughness?: An investigation with elite performers. Journal of Applied Psychology, 14, 211-224

Jim Golby, Michael Sheard(2004) Mental toughness and hardiness at different levels of rugby league. Personality and Individual Differences. Volume 37, Issue 5, Pages 933–942

Jean F Fournier, Claire Calmels, Natalie Durand-Bush, John H Salmela. (2005). Effects of a season-long pst program on gymnastic performance and on psychological skill development. International Journal of Sport Exercise Psychology. 3,1,59-78

Jadhav.K.M(2011). Role of yoga in kabaddi sport. Golden Research Thoughts. Vol.1,Issue.II/.1-4.

Kingston, K. M., Hardy, L. (1997). Effects of different types of goals on processes that support performance. The Sport Psychologist, 11(3), 277 – 293.

Kalippan KV (University of Madras.).(2008).Personality development of student youth towards nation building. Journal of Psychological Research., Vol. 52, No. 1, 1-6.

Kaori Araki, Joseph K. Mintah, Mick G. Mack, Sharon Huddleston, Laura Larson, and Kelly Jacobs. (2009). Belief in Self-Talk and Dynamic Balance Performance. Athletic insight. Vol8

Kahneman, Daniel; Angus Deaton (2010). "High income improves evaluation of life but not emotional wellbeing".PNAS 107 (38)

Karad.P.L and Wahid Abdul(2011). Personality Characteristics of Kabaddi and Kho-Kho Players. Variorum, Multi- Disciplinary e-Research Journal Vol.-01, Issue-III, February 2011.

Karve Rajkumar(2012). Personality Traits, Need Patterns And Locus Of Control Of Karnataka and Maharastra Kabaddi Players. International Journal of Health, Physical Education and Computer Science in Sports. Volume No.5, No.1.pp1-5

Ketan nizama(2013). Comparision of Mental Toughness Variables Among Kho-Kho and Kabaddi Players of Junagadh District. Reserach scholar. CMJ University.Vol:2. Issue-3

Locke, Edwin A.; Shaw, Karyll N.; Saari, Lise M..; Latham, Gary P. (1981), "Goal Setting and Task Performance: 1969–1980", Psychological Bulletin (American Psychological Association) 90 (1): 125–152.

Latham, G.; Locke, Edwin A. (2002), "Building a Practically Useful Theory of Goal Setting and Task Motivation", The American Psychologist 57 (9): 707–9

Lyubomirsky, Sonja; King, Laura; Diener, Ed (2005). The Benefits of Frequent Positive Affect: Does Happiness Lead to Success? . Psychological Bulletin, Vol 131(6), 803-855

Locke, Edwin; Gary Latham (2006), "New Directions in Goal-Setting Theory", Association for Psychological Science 15 (5): 265–268

Lemyre, P.-N. H. K. Hall , G. C. Roberts(2007). A social cognitive approach to burnout in elite athletes. Scandinavian Journal of Medicine & Science in Sports. Volume 18, Issue 2, pages 221–234.

Moore, W. E. (1986). Covert-overt service routines: the effects of a service routine training program on elite tennis players. Unpublished doctoral dissertation, University of Virginia.

Miller, J. T., McAuley, E. (1987). Effects of a goal-setting training program on basketball free-throw self-efficacy and performance. The Sport Psychologist, 1(2), 103 - 113.

Marcus BH, Selby VC, Niaura RS, Rossi JS(1992). Research Quarterly for Exercise and Sport Journal Article, Research Support, U.S. Gov't, P.H.S. Miriam Hospital, Providence, RI. 63(1):60-66

Martin, K. A., Moritz, S. E., & Hall, C.R. (1999) Imagery use in sport: A literature review and applied model. The Sports Psychologist, 13, 245-268.

Mary P. Bennett, Janice M. Zelle, Lisa Rosenberg, Judith McCann, (2003). The effect of mirthful laughter on stress and natural killer cell activity. Alternative therapies, vol. 9, no. 2

Michael Sheard& Jim Golby.(2006). Effect of a psychological skills training program on swimming performance and positive psychological development. International Journal of Sport and Exercise Psychology. Volume 4, Issue 2, 2006.149-169.

Murugan.R (2008). Self development of under graduate students. Journal of Psychological Research., Vol. 52, No. 1, 7-9.

McAdams, D. P., & Olson, B. (2010). Personality development: Continuity and change over the life course. In S. Fiske, D. Schacter, and R. Sternberg (Eds.), Annual Review of Psychology . 61, 517-542

Mahvash Shahidi , Ali Mojtahed , Amirhossein Modabbernia, Mohammad Mojtahed, Abdollah Shafiabady , Ali Delavar and Habib Honari(2010). Laughter Yoga versus group exercise program in elderly depressed women: a randomized controlled trial. Int J Geriatr Psychiatry.

Mayumi Hirosaki, Tetsuya Ohira, Mitsugu Kajiura, Masahiko Kiyama, Akihiko Kitamura, Shinichi Sato, Hiroyasu Iso(2012). Effects of a laughter and exercise program on physiological and psychological health among community-dwelling elderly in Japan: Randomized controlled trial. Geriatrics & Gerontology International.

Melissa Weinberg, Merv Neal, Aiyuen Choong,(2012). The psychological impact of Laughter Yoga Measuring Wellbeing in Laughter Yoga Clubs Across Victoria. Laughter club

Naess (1999). Quality of Life and Well-being: Measuring. The Benefits of Culture and Sport: Literature Review and Thinkpiece. Scottish Executive Social Research, p. 115

Nathalie Koivula, Peter Hassmén , Johan Fallby (2002). Self-esteem and perfectionism in Elite Athletes: Effects on competitive anxiety and self-confidence. Personality and Individual Differences. Vol32, Issue 5, 865–875.

Norlander, Torsten; Bergman, Henrik; Archer, Trevor(2002). Relative Constancy of Personality Characteristics and Efficacy of a 12-Month Training Program in Facilitating Coping Strategies. Social Behavior and Personality: an international journal, Vol. 30, No. 8

N. W. Van-Yperen J. L. Duda(2007) Goal orientations, beliefs about success, and performance improvement among young elite Dutch soccer players. Scandinavian Journal of Medicine & Science in Sports. Volume 9, Issue 6, pages 358–364,

Nagendra . H.R. Chaya, M S (2007). Efficacy of Laughter Yoga on IT Professionals to Overcome Professional Stress. Laughter Yoga International .

Nyklíček Ivan. Kuijpers Karlijn F(2008). Effects of Mindfulness-Based Stress Reduction Intervention on Psychological Well-being and Quality of Life: Is Increased Mindfulness Indeed the Mechanism?. Annals of Behavioral Medicine. Volume 35, Issue 3, pp 331-340.

Patel Srikrishna, Pandey upendran and Sachit saxena(2011). Comparative study of mental toughness among Kabadi players of different level. Indian Journal of Applied research. Vol 1. Issue 3.

Robin S. Vealey(1998). Future directions in psychological skills training. The Sport Psychologist. 2(4)318-336.

Ryan C. Martin, Eric R. Dahlen. (2005)"Cognitive emotion regulation in the prediction of Depression, Anxiety, Stress, and Anger". Science Direct: 1249

Raman, Ganapathy S Mettur.(2008) Services oriented personality development. Journal of Psychological Research. January, Vol. 52, No. 1, 12-13.

Rima Dolgoff-Kaspar, ; Ann Baldwin, M. Scott Johnson; Nancy Edling; Gulshan K. Sethi,(2012). Effect of Laughter Yoga on Mood and Heart Rate Variability in Patients Awaiting Organ Transplantation: A Pilot Study. Altern Ther Health Med.2012;18(4):53-58.

Suinn M.Richard (1984). Visual motor behavior rehearsal. The basic technique. Scandinavian journal of behavior therapy, 13,131-142

Sharon A. Hamilton, William J. Fremouw. (1985)Cognitive-behavioral training for college basketball free-throw performance. Cognitive Therapy and Research 9(4):479-483.

Strean, W. B., & Roberts, G. C. (1992). Future directions in applied sport psychology research. The Sport Psychologist, 6, 55-65.

Smoll, Frank L.; Smith, Ronald E.; Barnett, Nancy P.; Everett, John J.(1993). Enhancement of children's self-esteem through social support training for youth sport coaches. Journal of Applied Psychology, Vol 78(4), 602-610.

Susan Lutgendorf, Michael H. Antoni Neil Schneiderman, Mary Ann Fletcher (1994). Psychosocial counseling to improve quality of life in HIV infection. Patient Education and Counseling. Volume 24, Issue 3, Pages 217–235

Silverstein M, Parker MG (2002) Leisure activities and quality of life among the oldest old in Sweden. Research on Aging 24(5):528-547.

Suzanne C Lechner, Michael H Antoni, David Lydston, Arthur LaPerriere, Mary IshiiJessy Devieux Heidi Stanley, Gail Ironson, Neil Schneiderman, Elizabeth Brondolo, Jonathan N Tobin ,Stephen Weiss.(2003) .Cognitive-behavioral interventions improve quality of life in women with AIDS. Journal of Psychosomatic Research. Volume 54, Issue 3, Pages 253–261

Suraj-Narayan(2008). Bio Psycho-Social Impact of Laughter Therapy on Stroke Patients. UKZN journal. Vol3. Issue 17

Satish Kumar Poonia,(2010). comparison of coordinative abilities, psychological and physiological variables of kabaddi players at different levels. Department of Physical Education, Kurukshetra University, Kurukshetra.

Sunil Kumar, Sahajad Singh, Rajendra Shalikram Gore, Babulal Dhotre (2011). A comparative study on selected psycho-physical fitness components of kabaddi and kho-kho players of Delhi schools. International Journal of Research in Social Sciences and Humanities. Vol. No. 1, Issue No. I

Sudhakara Babu Mande and Satya Paul Kumar(2012). Comparision Of Mental Toughness Variables Among Kho-Kho And Kabaddi. Asian Journal of Physical Education and Computer Science in Sports. Volume. 7 No. 1 pp4-6.

Sk. Sabir Ali, Samirranjan Adhikari, Somnath Nandy(2012). The relation between anxiety and sports perfectionism of Kabadi players. International Journal of Scientific and Research Publications, Volume 2, Issue 10

Tammy Dew, E.Scott Huebner(1994). Adolescents' perceived quality of life: An exploratory investigation. Journal of School Psychology.

Thomas M. Gill,; Alvan R. Feinstein, (1994) A Critical Appraisal of the Quality of Quality-of-Life Measurements. JAMA. ;272(8):619-626

Thomas, Patrick R. and Fogarty, Gerard J. (1997) Psychological skills training in golf: the role of individual differences in cognitive preferences. The Sport Psychologist, 11 (1). pp. 86-106.

Takahashi,Iwase M,Yamashita K,Tatsumoto Y,Ue H, Kuratsune H,Shimizu Aand Takeda M(2001). The elevation of Natural killer cell activity induced by laughter in a cross designed study. International journal of molecular medicine. 8:645-650

Thelwell, R.C. & Greenlees, I.A. (2001) The effects of a mental skills training package on gymnasium triathlon performance. The Sports Psychologist, 15, 127-141.

Thelwell, R. C.; Maynard, I. W.(2003). The effects of a mental skills package on' repeatable good performance' in cricketers. Psychology of Sport and Exercise. Vol. 4 No. 4 pp. 377-396

Thelwell, Richard, Greenlees, I. and Weston, Neil (2006) *Using psychological skills training to develop soccer performance.* Journal of Applied Sport Psychology, 18 (3). pp. 254-270.

Thomas, Nigel J.T (Winter 2011), "Mental Imagery", in Zalta, Edward N., The Stanford Encyclopedia of Philosophy (Stanford University)

Weinberg, Robert S.; Seabourne, Thomas G.; Jackson, Allen(1981). Effects of Visuomotor Behavior Rehearsal, Relaxation, and Imagery on Karate Performance. Journal of Sport Psychology;1981, Vol. 3 Issue 3, p228

Wrisberg, C. A., & Anshel, M. H. (1989). The effect of cognitive strategies on the free throw shooting performance of young athletes. The Sport Psychologist, 3, 95-104.

WHOQOL SRPB Group *1(2006). A cross-cultural study of spirituality, religion, and personal beliefs as components of quality of life. Social Science & Medicine. Volume 62, Issue 6, Pages 1486–1497.

Yadav, Pooja and Naved Iqbal (Jamia Millia Islamia, New Delhi).(2009) Impact of life skill training on self-esteem, adjustment and empathy among adolescents. Journal of the Indian Academy of Applied Psychology, Vol. 35, 61-70.

WEBSITE VISITED

Enda Junkins(2007). The Power of Laughter, LMSW., LMFT

http://www.gdrc.org/uem/qol-define.html

http://hbr.org/2011/05/the-power-of-small-wins/ar/1

http://www.mykabaddi.com/body-and-soul/

http://www.sportaccord.com/en/members/definition-of-sport/

http://www.kabaddiikf.com/history.htm#

http://www.kabaddiikf.com/h

http://news.medill.northwestern.edu/chicago/news.aspx?id=201796.

http://archives.library.illinois.edu/archon/?p=digitallibrary/digitalcontent&id=2672.

http://www.olympic.ind.in/images/Kabaddi.pdf

http://www.psichi.org/pubs/articles/article 646.aspx.

http://www.iaaf.org/mm/Document/imported/42036.pdf

http://psychcentral.com/blog/archives/2011/07/15/sport-psychology-and-its-history/.

http://www.sportpsych.org/nine-mental-skills-overview

http://www.humorlinks.com/cgi-bin/sites/link.cgi?ID=12851

http://www.guardian.co.uk/lifeandstyle/2008/jul/06/healthandwellbeing4

http://www.sciencedirect.com/science/article/pii/0891422294000288

http://www.guardian.co.uk/lifeandstyle/2008/jul/06/healthandwellbeing4

http://en.wikipedia.org/wiki/Affect theory

http://www.excelatlife.com/articles/self-efficacy2.htm

http://www.performingmind.co.za/index.php/the-sport-psychologist

http://www.southerneye.co.zw/2013/09/30/role-psychology-sports/

http://iceskatingresources.org/RoleOfSportsPsychology.html

http://www.michaelsamuels.com/

www.exsel.mtu.edu

http://peterdavison.ca/laughmore.html

http://www.laughteryoga.us/how-to-laughter-session.php

"The Handy Guide to the Gurus of Management". BBC. Retrieved 1 May 2007.