

Introduction to Issue No. 3

In this issue, Tribble and Newburg discuss their latest focus - looking from the surgeon's vantage point at the individual facing surgery, not as a "patient" but as a person with dreams that provide a context for living. They, and the other authors addressing this theme, speak of the need to connect and reconnect with the reasons behind **why** we do things, whether they are challenges that we choose (like skiing solo to the South Pole or sustaining a long-term commitment to excellence in a sporting domain) or challenges we do not willingly choose (like surgery). There are aspects of our lives - goals, dreams or daily joys - that are meaningful and worth living for. Towaij and Orlick in their article on balance in work and nonwork highlight some of those sustaining factors.

Challenges are not overcome, and dreams are not achieved without strategies that help make the dream a reality. Bradbury explores an area of coaching which every athlete is involved in to some extent: self-coaching. Based on responses of elite level athletes, she presents a number of strategies which athletes have used in the absence of formal coaching. Culver and Trudel focus on the coach-athlete interaction with an in-depth look at the communication process as a competitive season unfolds. Their research highlights the influence that others can have on nurturing one's belief, confidence and enjoyment in high level pursuits.

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