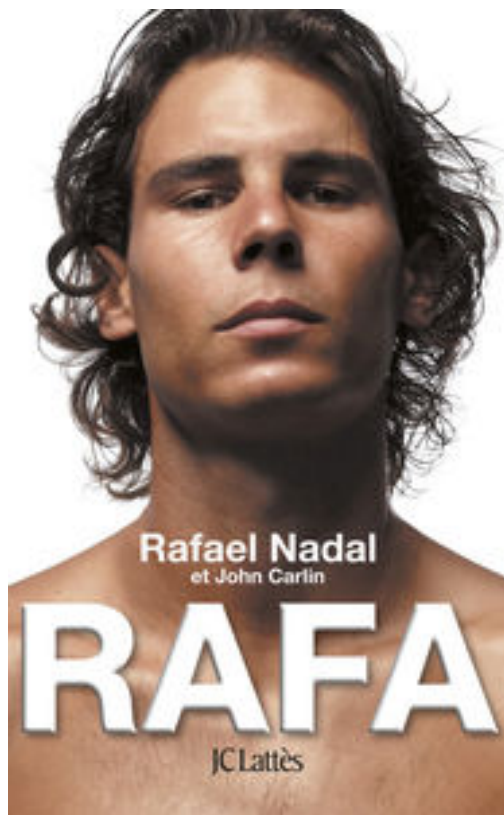


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Download or Read Online Rafa Rafael Nadal Free eBook PDF/ePub/Mobi/Mp3/Txt, Comment devient-on un grand champion ? Quels sacrifices doit-on accepter pour arriver à ce niveau ?

Rafael Nadal a vingt-six ans et laissera sa trace dans l'histoire du tennis par sa précocité, son obstination, le nombre impressionnant de ses victoires, et la singularité de l'entraînement qui lui a permis de devenir un des meilleurs joueurs de tennis de tous les temps.

Ses mémoires nous ouvrent ce que l'on connaît mal de la vie du champion ; son enfance, avec tout l'engagement psychologique et physique de sa famille, jusqu'à ses excès, ses moments de remise en question qui le fragilisent profondément, comment il s'en échappe et comment, tout au contraire, il vit ses états de grâce lors des grands matches, la vie quotidienne à la fois sage et intense sur la route, ses réflexions sur l'entraînement surintensif des athlètes et leurs rapports avec le dopage - particulièrement à l'ordre du jour en ce moment, avec la polémique du *Grand Journal* ! - tout cela est raconté à travers de multiples anecdotes, avec sincérité, cœur et intelligence.

Avec la collaboration de John Carlin

Traduit de l'anglais par Judith Coppel

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