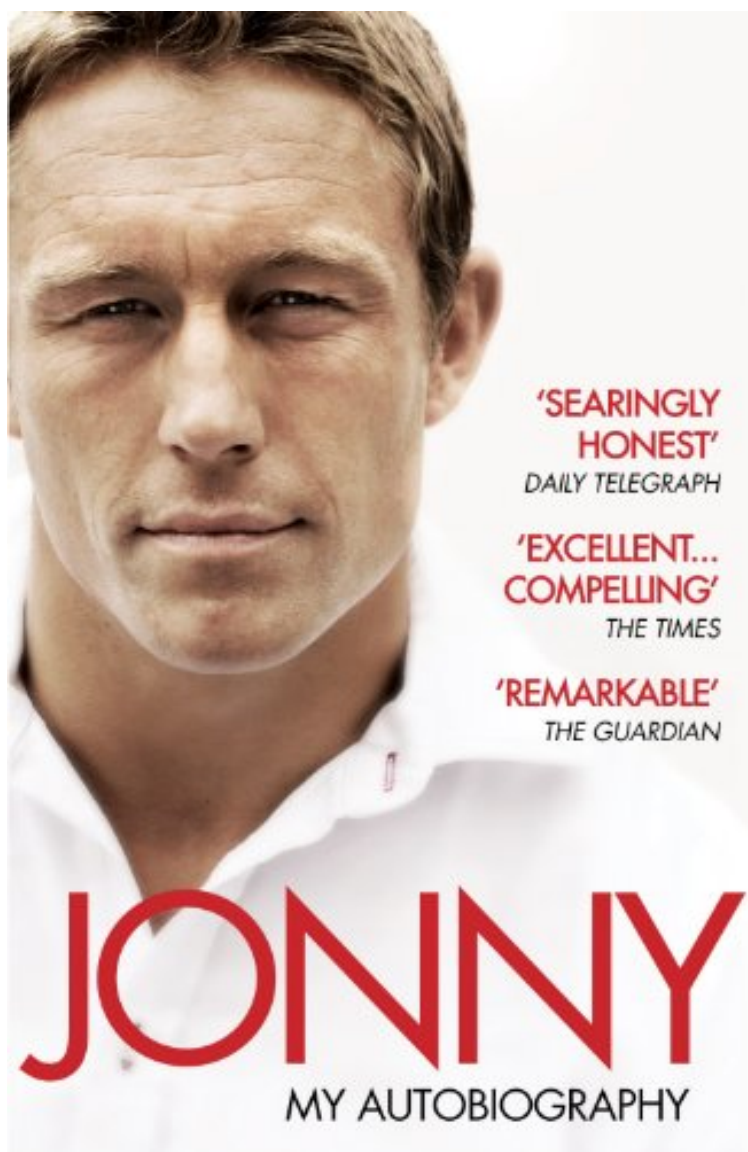


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Description :

Prsentation de l'diteurJonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality. In JONNNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair. Jonny's career has spanned the far reaches: amazing highs and iconic moments, then

a fight against injury that culminated in a battle with depression. Here he tells of the physical toll he knew his body was taking from rugby, even from his youth; he tells of how he never wanted to be a kicking fly-half but learned to adapt his natural game to play the style that Clive Woodward believed necessary to win a World Cup, and how he nearly walked out on Martin Johnson's England team 13 years later. Revue de presse 'A remarkable account of an obsessive perfectionist trapped in a desperately imperfect world --The Guardian'...an excellent memoir, a compelling portrayal of the psychological drawbacks of his fabled quest for perfection' --The Times 'This autobiography is different. Penned with the bravery with which Jonny played the game' --The Sun Presentation de l'auteur Jonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality. In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair. Jonny's career has spanned the far reaches: amazing highs and iconic moments, then a fight against injury that culminated in a battle with depression. Here he tells of the physical toll he knew his body was taking from rugby, even from his youth; he tells of how he never wanted to be a kicking fly-half but learned to adapt his natural game to play the style that Clive Woodward believed necessary to win a World Cup, and how he nearly walked out on Martin Johnson's England team 13 years later.