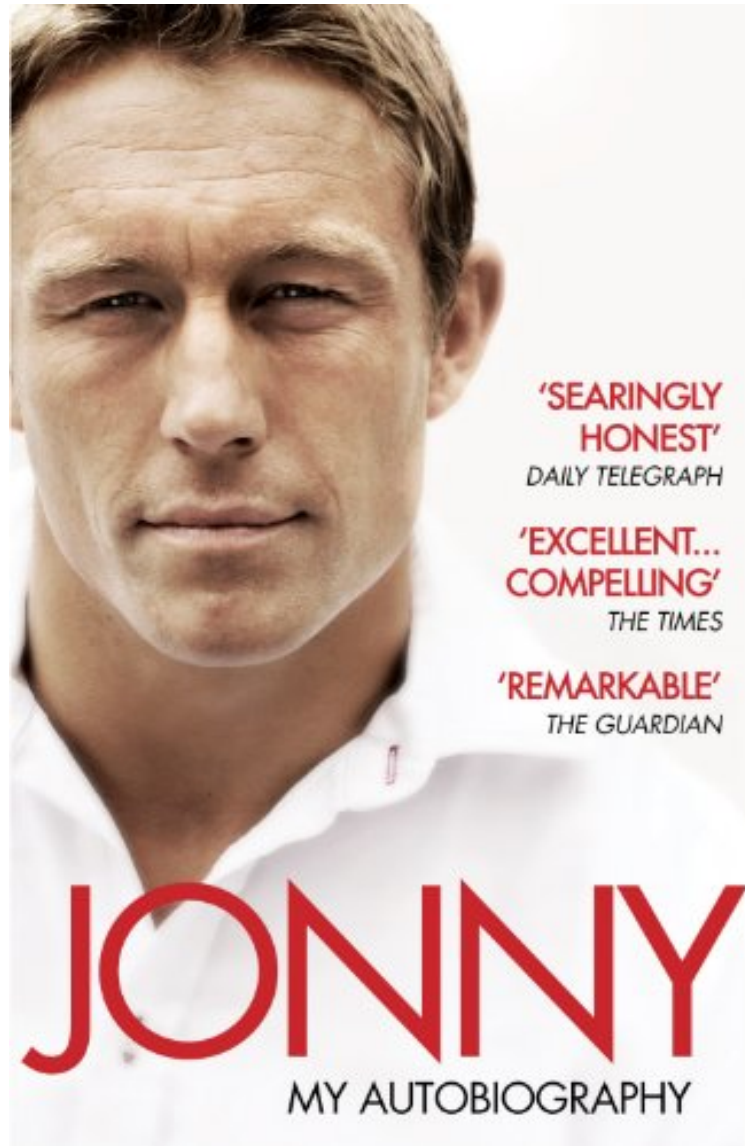


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## Jonny: My Autobiography (English Edition)

Von Jonny Wilkinson  
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**Von Jonny Wilkinson : Jonny: My Autobiography (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Jonny: My Autobiography (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. viel LeidVon Susan Ruehlmein Mann hat es genossen, es hat sich aber wohl vieles wiederholt, insbesondere die krperlich

## und psychischen Schwierigkeiten eines Spitzensportlerlebens

**Kurzbeschreibung** 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.

**Pressestimmen** 'A remarkable account of an obsessive perfectionist trapped in a desperately imperfect world' -- The Guardian 'This autobiography is different. Penned with the bravery with which Jonny played the game' -- The Sun 'A candid and deeply personal voyage into the farthest reaches of Wilkinson's complex character... a gripping read and an examination of the human psyche that throws up many thoughts and experiences that will be uncomfortably but reassuringly familiar to others haunted by self-doubt' -- [www.thesportsbookshelf.com](http://www.thesportsbookshelf.com) '...an excellent memoir, a compelling portrayal of the psychological drawbacks of his fabled quest for perfection' -- The Times 'Searingly honest' -- Daily Telegraph

**Werbetext** **JONNY** is the unrelenting, brutally honest account of one of the most revered, successful and complex athletes ever to play rugby for England.