



Gli All blacks non piangono: La mia vita, la mia battaglia (Italian Edition)

John Kirwan

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John Kirwan, mitica ala degli All Blacks ed ex-Commissario Tecnico della Nazionale azzurra di rugby, è una delle più celebri e celebrate figure della storia di questo sport. Ma da quando nel 2006 ha dichiarato pubblicamente di aver vissuto un periodo di depressione, è diventato anche uno dei testimonial più importanti e credibili di una vasta campagna di sensibilizzazione sul male oscuro che può colpire chiunque, persino un campione all'apice del successo planetario. Proprio durante gli anni d'oro della sua carriera sportiva, Kirwan ha disputato la partita più importante e difficile della sua vita: quella contro il mostro della depressione. Ma alla fine ha avuto la forza di uscire dal tunnel e a tornare alla vita, a quella luce che non ha mai perso di vista, neanche nei momenti più neri. I frutti di questo percorso sono stati un cortometraggio diretto da Julian Shaw e questo libro che Kirwan ha deciso di presentare anche in Italia, la sua seconda patria.

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