



Fuga Dallo Stress (Italian Edition)

Felice Umberto Fasolato

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Essere protagonisti, collaborare a vario titolo ad una manifestazione sportiva o assistere ad una sana competizione sono l'essenza dello sport. Lo sportivo sa che dietro a un risultato c'è stata una preparazione e molti sacrifici per ottenerlo. Tutto questo contribuisce a rafforzarci il carattere, migliorando la nostra autostima. Allo sport ognuno di noi vi è arrivato in modo diverso, Nelle scuole dell'obbligo non avevo trovato il movente per praticarlo. Scoprii lo sport quello vero, durante il servizio militare quando casualmente entrai a far parte di una squadra rappresentativa del reggimento per una gara podistica cittadina e da lì il contagio si estese..."

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