



## Rafa

*By Rafael Nadal, John Carlin*

Download now

Read Online →

### **Rafa** By Rafael Nadal, John Carlin

What makes a champion? What does it take to be the best in the world at your sport? Rafael Nadal has the answers. In his memoir, written with award-winning journalist John Carlin, he reveals the secrets of his game and shares the inspiring personal story behind his success. It begins in Mallorca, where the tight-knit Nadal family has lived for generations. Coached by his uncle Toni from the age of four and taught humility and respect by his parents, Nadal has managed the uncommon feat of becoming an acclaimed global celebrity while remaining a gracious, hardworking role model for people in all walks of life. Now he takes us behind the scenes, from winning the Wimbledon 2008 final—described by John McEnroe as "the greatest game of tennis" he had ever seen—to the family problems that brought him low in 2009 and the numerous injuries that have threatened his career. With candor and intelligence, Nadal brings readers on his dramatic and triumphant journey, never losing sight of the prize he values above all others: the unity and love of his family. From RAFA: "During a match, you are in a permanent battle to fight back your everyday vulnerabilities, bottle up your human feelings. The more bottled up they are, the greater your chances of winning, so long as you've trained as hard as you play and the gap in talent is not too wide between you and your rival. The gap in talent with Federer existed, but it was not impossibly wide. It was narrow enough, even on his favorite surface in the tournament he played best, for me to know that if I silenced the doubts and fears, and exaggerated hopes, inside my head better than he did, I could beat him. You have to cage yourself in protective armor, turn yourself into a bloodless warrior. It's a kind of self-hypnosis, a game you play, with deadly seriousness, to disguise your own weaknesses from yourself, as well as from your rival."

↓ [Download Rafa ...pdf](#)

📖 [Read Online Rafa ...pdf](#)

# Rafa

*By Rafael Nadal, John Carlin*

## **Rafa** By Rafael Nadal, John Carlin

What makes a champion? What does it take to be the best in the world at your sport? Rafael Nadal has the answers. In his memoir, written with award-winning journalist John Carlin, he reveals the secrets of his game and shares the inspiring personal story behind his success. It begins in Mallorca, where the tight-knit Nadal family has lived for generations. Coached by his uncle Toni from the age of four and taught humility and respect by his parents, Nadal has managed the uncommon feat of becoming an acclaimed global celebrity while remaining a gracious, hardworking role model for people in all walks of life. Now he takes us behind the scenes, from winning the Wimbledon 2008 final-described by John McEnroe as "the greatest game of tennis" he had ever seen-to the family problems that brought him low in 2009 and the numerous injuries that have threatened his career. With candor and intelligence, Nadal brings readers on his dramatic and triumphant journey, never losing sight of the prize he values above all others: the unity and love of his family. From RAFA: "During a match, you are in a permanent battle to fight back your everyday vulnerabilities, bottle up your human feelings. The more bottled up they are, the greater your chances of winning, so long as you've trained as hard as you play and the gap in talent is not too wide between you and your rival. The gap in talent with Federer existed, but it was not impossibly wide. It was narrow enough, even on his favorite surface in the tournament he played best, for me to know that if I silenced the doubts and fears, and exaggerated hopes, inside my head better than he did, I could beat him. You have to cage yourself in protective armor, turn yourself into a bloodless warrior. It's a kind of self-hypnosis, a game you play, with deadly seriousness, to disguise your own weaknesses from yourself, as well as from your rival."

## **Rafa By Rafael Nadal, John Carlin Bibliography**

- Sales Rank: #58979 in Books
- Brand: Hyperion Books
- Published on: 2012-05-22
- Released on: 2012-05-22
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .75" w x 5.25" l, .55 pounds
- Binding: Paperback
- 288 pages

 [Download Rafa ...pdf](#)

 [Read Online Rafa ...pdf](#)

## **Editorial Review**

### Review

Rafa: My Story is a terrific sporting memoir, full of memorable anecdotes and stamped with the authority of a ghostwriter who earned the complete trust of his subject. It is hard to imagine how Nadal could have done any more to get the best out of his own raw material. And it is to Carlin's enormous credit that the book is a true reflection of the man, in every sense -- Ed Smith New Statesman Between them they have served up a winner -- Simon Redfern Independent Take a glimpse behind the curtain of both his private and professional life - it's as exciting as Rafa himself Woman's Own

### About the Author

**Rafael Nadal** was born in 1986 in Mallorca, Spain. Currently ranked #1 in the world, he has won 9 Grand Slam titles and a career "Golden Slam" all four majors plus a gold medal at the 2008 Olympics. He lives in Mallorca, Spain. **John Carlin**, originally from the UK, is currently a Senior International writer for El Pais, the world's leading Spanish-language newspaper. He wrote the book that became the feature film *Invictus*.

## **Users Review**

### **From reader reviews:**

#### **Carmen Flood:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite book and reading a guide. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled Rafa. Try to the actual book Rafa as your good friend. It means that it can being your friend when you experience alone and beside that course make you smarter than in the past. Yeah, it is very fortunated to suit your needs. The book makes you much more confidence because you can know anything by the book. So , let's make new experience and knowledge with this book.

#### **Tom Johnson:**

Book is definitely written, printed, or descriptive for everything. You can recognize everything you want by a guide. Book has a different type. As we know that book is important factor to bring us around the world. Beside that you can your reading proficiency was fluently. A e-book Rafa will make you to end up being smarter. You can feel far more confidence if you can know about every little thing. But some of you think that open or reading a new book make you bored. It isn't make you fun. Why they might be thought like that? Have you seeking best book or acceptable book with you?

#### **Frances Wiggins:**

Do you like reading a publication? Confuse to looking for your favorite book? Or your book had been rare? Why so many query for the book? But any kind of people feel that they enjoy intended for reading. Some people likes examining, not only science book but additionally novel and Rafa or perhaps others sources were given know-how for you. After you know how the truly amazing a book, you feel need to read more

and more. Science e-book was created for teacher or even students especially. Those guides are helping them to bring their knowledge. In various other case, beside science e-book, any other book likes Rafa to make your spare time a lot more colorful. Many types of book like here.

**Michael Davis:**

Some individuals said that they feel bored stiff when they reading a e-book. They are directly felt the idea when they get a half parts of the book. You can choose the actual book Rafa to make your reading is interesting. Your skill of reading expertise is developing when you like reading. Try to choose simple book to make you enjoy you just read it and mingle the sensation about book and reading especially. It is to be 1st opinion for you to like to wide open a book and study it. Beside that the publication Rafa can to be your brand-new friend when you're sense alone and confuse in what must you're doing of the time.

**Download and Read Online Rafa By Rafael Nadal, John Carlin  
#K1W5287ZX6B**

## **Read Rafa By Rafael Nadal, John Carlin for online ebook**

Rafa By Rafael Nadal, John Carlin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Rafa By Rafael Nadal, John Carlin books to read online.

### **Online Rafa By Rafael Nadal, John Carlin ebook PDF download**

**Rafa By Rafael Nadal, John Carlin Doc**

**Rafa By Rafael Nadal, John Carlin Mobipocket**

**Rafa By Rafael Nadal, John Carlin EPub**

**K1W5287ZX6B: Rafa By Rafael Nadal, John Carlin**