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| Collana                 | People in the News   |
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| Nota di bibliografia    | Includes bibliographical references and index.   |
| Nota di contenuto       | Introduction: "Dream it, believe it, work at it, go for it" -- A safe haven -- "When the student is ready, the teacher appears" -- "The motivation machine" -- Ups and downs -- Changing swimming forever. |
| Sommario/riassunto      | Profiles the life and career of Olympic swimmer Michael Phelps.  |