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Sommario/riassunto	Bringing together concepts from psychoanalysis with an attentive eye and the author's popular wisdom, Sports on the Couch explores the psychology of athletes and those around them. As a product of our culture, sport enables a break for our minds, since it allows us to disconnect from internal as well as external realities. We immerse ourselves in the world of play, managing to let out tensions and liberate a great deal of aggression in a socially acceptable way.