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Sommario/riassunto

Are sports really supposed to be so competitive that, as Henry R. Sanders once famously said, "Men, I'll be honest. Winning is...the only thing!"? (WK 2012) This competitive view of sports can be contrasted with a critical view by William Shakespeare, who wrote in Othello (Act. iv. Sc. 1), "They laugh that win." (BART 2012) Contrary to these opposing views (and other ones, as will be discussed in the book), sports (in relation to both training and winning) are neither possible (or impossible)...
