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Sommario/riassunto	Florence Puklavec's 'Psychanalyse du Sportif d'Endurance' explores the psychological aspects of endurance sports through the lens of psychoanalysis. The book examines how endurance athletes' pursuit of identity is intertwined with their athletic activities. Utilizing qualitative research with athletes of various levels, Puklavec delves into the psychological impulses, motivations, and challenges faced by endurance athletes. The work also addresses issues such as sports addiction and doping, highlighting the thin line between beneficial engagement and destructive behavior. This essay is aimed at endurance athletes, coaches, educators in sports disciplines, and anyone interested in sports psychology. Puklavec, with her background in psychoanalysis and coaching, offers a unique perspective on the psychological dimensions of endurance sports, making the book accessible to a broad audience.