

## Jonny My Autobiography

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Jonny My Autobiography

In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair.

Jonny: My Autobiography: Amazon.co.uk: Jonny Wilkinson ...

Tackle, Scrum, Ruck, Maul, Line-out: "Jonny – My Autobiography" by Jonny Wilkinson (and Owen Slot) "For me, the pure basics of rugby are not passing, catching, kicking; the basics are simply working yourself into the ground and doing whatever it takes for 80 minutes. The only reason that you don't change things, or that you don't work hard enough, is that it doesn't matter enough to you."

Jonny: My Autobiography by Jonny Wilkinson

Jonny's story is an exceptional tale of a rugby superstar doing whatever he could to become the best, and remain the best. Throughout his career it seems that his opponents weren't his biggest adversaries compared to impossibly high expectations he put on to himself.

Jonny: My Autobiography: Amazon.co.uk: Wilkinson, Jonny ...

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Jonny: My Autobiography by Jonny Wilkinson Jonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever.

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In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair.

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'This autobiography is different. Penned with the bravery with which Jonny played the game' ( The Sun ) 'A candid and deeply personal voyage into the farthest reaches of Wilkinson's complex character... a gripping read and an examination of the human psyche that throws up many thoughts and experiences that will be uncomfortably but reassuringly familiar to others haunted by self-doubt' ( www.thesportsbookshelf.com )

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In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair.

Jonny: My Autobiography by Jonny Wilkinson | Waterstones

Author Biography Jonny Wilkinson became England's youngest international for 71 years when he made his debut at 18 in March 1998. He has since won 91 caps for his country and is the second most prolific points scorer in Test rugby. In the 2003 World Cup he scored the drop goal that won the tournament.

Jonny: My Autobiography by Jonny Wilkinson (Hardback, 2011 ...

I grew up watching Jonny Wilkinson's career and was inspired by him as a young, aspiring rugby player in England. I always perceived him as this completely robust, in control person with enviable mental fortitude, but reading his autobiography shows that he suffers the same, if not more so, as the rest of us with feelings of self-doubt and a troubling mentality.

Amazon.co.uk:Customer reviews: Jonny: My Autobiography

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Jonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality. In JONNY, he reveals the extraordinary psychology that he had to tame in order ...

Jonny: My Autobiography - Jonny Wilkinson: | Foyles Bookstore

In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair.

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