


# Rafa

*By Rafael Nadal, John Carlin*

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**Rafa** By Rafael Nadal, John Carlin

What makes a champion? What does it take to be the best in the world at your sport? Rafael Nadal has the answers. In his memoir, written with award-winning journalist John Carlin, he reveals the secrets of his game and shares the inspiring personal story behind his success. It begins in Mallorca, where the tight-knit Nadal family has lived for generations. Coached by his uncle Toni from the age of four and taught humility and respect by his parents, Nadal has managed the uncommon feat of becoming an acclaimed global celebrity while remaining a gracious, hardworking role model for people in all walks of life. Now he takes us behind the scenes, from winning the Wimbledon 2008 final-described by John McEnroe as "the greatest game of tennis" he had ever seen-to the family problems that brought him low in 2009 and the numerous injuries that have threatened his career. With candor and intelligence, Nadal brings readers on his dramatic and triumphant journey, never losing sight of the prize he values above all others: the unity and love of his family. From RAFA: "During a match, you are in a permanent battle to fight back your everyday vulnerabilities, bottle up your human feelings. The more bottled up they are, the greater your chances of winning, so long as you've trained as hard as you play and the gap in talent is not too wide between you and your rival. The gap in talent with Federer existed, but it was not impossibly wide. It was narrow enough, even on his favorite surface in the tournament he played best, for me to know that if I silenced the doubts and fears, and exaggerated hopes, inside my head better than he did, I could beat him. You have to cage yourself in protective armor, turn yourself into a bloodless warrior. It's a kind of self-hypnosis, a game you play, with deadly seriousness, to disguise your own weaknesses from yourself, as well as from your rival."

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## Editorial Review

Review
Rafa: My Story is a terrific sporting memoir, full of memorable anecdotes and stamped with the authority of a ghostwriter who earned the complete trust of his subject. It is hard to imagine how Nadal could have done any more to get the best out of his own raw material. And it is to Carlin's enourmous credit that the book is a true reflection of the man, in every sense -- Ed Smith New Statesman Between them they have served up a winner -- Simon Redfern Independent Take a glimpse behind the curtain of both his private and professional life - it's as exciting as Rafa himself Woman's Own

About the Author
**Rafael Nadal** was born in 1986 in Mallorca, Spain. Currently ranked #1 in the world, he has won 9 Grand Slam titles and a career "Golden Slam" all four majors plus a gold medal at the 2008 Olympics. He lives in Mallorca, Spain. **John Carlin**, originally from the UK, is currently a Senior International writer for El Pais, the world's leading Spanish-language newspaper. He wrote the book that became the feature film *Invictus*.

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**From reader reviews:**

**James Murray:**

Have you spare time to get a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a go walking, shopping, or went to the actual Mall. How about open as well as read a book entitled Rafa? Maybe it is to get best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with its opinion or you have additional opinion?

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A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent all day long to reading a e-book. The book Rafa it is quite good to read. There are a lot of folks that recommended this

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