



Entre La Vie Et Le Vide

By Christophe Lachnitt

Books on Demand. Paperback. Condition: New. This item is printed on demand. 334 pages. Le grand public est partagé entre l'admiration et l'incompréhension devant la audace potentiellement mortelle des alpinistes professionnels : sont-ils insensibles à la peur pour entreprendre des ascensions ou ils semblent défier la loi de la gravité ? Christophe Lachnitt a rencontré certains des meilleurs alpinistes mondiaux et, à partir de sa propre expérience, les a amenés à révéler la part intime de leur relation à la peur qu'ils n'avaient jamais exposée jusqu'à présent. Catherine Destivelle, Lynn Hill, Alexander Huber, Jean-Christophe Lafaille, Alain Robert et une dizaine d'autres grands alpinistes se confient curieusement dans cet ouvrage qui dévoile des aspects beaucoup plus complexes que leur image d'Épinal ne le laisserait accroire. Ce livre répond aux questions que posent les risques pris par les alpinistes professionnels : ont-ils des prédispositions particulières pour mieux gérer la peur ? L'absence de peur est-elle inconscience ou maîtrise absolue de soi ? La peur se domestique-t-elle par l'entraînement physique et la préparation psychologique ? Comment les alpinistes gèrent-ils leur peur, une fois confrontés à leurs limites ? La peur ressentie par leurs proches affecte-t-elle leur activité alpine ? L'accident n'est-il qu'une priérite ou provoque-t-il une remise en cause profonde de l'engagement ? Premier livre...



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