



Le choix du vide (Témoignage) (French Edition)

Steph Davis

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Steph Davis, une américaine hors limite, qui aime prendre des risques, se laissant guider par son instinct et agissant en fonction de ce qu'elle ressent au plus profond d'elle-même. Pour inégalée qu'elle soit, sa place dans le monde de l'alpinisme a quelque chose de profondément humain. Dans ce livre, elle raconte ses débuts dans le monde de l'escalade et quelques-unes des aventures qui ont forgé sa carrière, mais elle parle surtout des choses de la vie pour essayer de comprendre les moteurs qui la poussent à grimper, à sauter du haut des parois ou à voler en wingsuit. « Pour moi l'escalade a toujours été plus que le fait de grimper ».

Largement salué au États-Unis, cet ouvrage d'une totale franchise et d'une haute sensibilité se donne à lire comme un essai intime, à la tonalité très poétique. Il réconcilie le goût de l'extrême avec les valeurs universelles que sont l'amour, l'amitié, l'enrichissement personnel, l'intimité. Au-delà, il offre une généreuse leçon sur ce qu'est la force de l'esprit.



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