



Sette respiri: In apnea tra musica, record e delfini (Italian Edition)

Simone Arrigoni

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Simone Arrigoni, **pianista e pluriprimatista mondiale di apnea**, racconta le motivazioni, le difficoltà e le emozioni che si nascondono dietro ai record che ha stabilito, svelandoci il fascino di una disciplina che sarebbe riduttivo definire "sportiva". Dopo aver dedicato tutti gli anni giovanili allo studio del pianoforte per divenire un concertista classico, una promessa sussurrata al cugino apneista appena scomparso lo porterà, alla soglia dei trent'anni, a raggiungere inaspettatamente i vertici di questo particolare sport (www.simonearrigoni.com).

Musica e apnea: due mondi apparentemente distanti fra loro si intrecciano indissolubilmente a creare il filo conduttore della vita di Arrigoni, segnata da tre gravi incidenti che ne hanno bruscamente cambiato la direzione intrapresa.

Dai primati sotto i ghiacci, alle altre impossibili sfide sportive; da un corso con quattro ragazzi disabili che non conoscono limiti, ad una proposta di matrimonio che ha lasciato tutti senza fiato; dall'indimenticabile amicizia con un genio del pianoforte, fino al privilegio di poter trattenere il respiro con i delfini: in ogni sfida intrapresa, Simone Arrigoni ha vissuto esperienze straordinarie, intrise di emozioni e valori che ha sempre cercato di trasmettere al prossimo; come con questa autobiografia, da leggere tutta *in apnea*.

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