

Jugar con el corazón

Playing with the Heart



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How can fate be defied when everyone else are coming out on top? How can we break through the upper limit of our maximum capacity? How can a life in which excellence is not enough be confronted?

The answer is not in the head but in the heart: listen to our desires and not just our thoughts. The head analyses whereas the heart holds our deepest desires, which are what really control our actions. And although talent is necessary, what will allow us to meet great challenges, having overcome failures, is the heart.

Xesco Espar is clear that to attain excellence, study and training are necessary, but to surpass it, one has to transform oneself: treat each problem as a challenge, a form of growth. With examples from his own experience as a professional handball coach and his particular way of understanding life, Espar shows how life meets out harsh punishment to those who only talk or ..

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