



# We Were Young and Carefree: The Autobiography of Laurent Fignon

By Laurent Fignon

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**We Were Young and Carefree: The Autobiography of Laurent Fignon** By Laurent Fignon

**The international bestselling autobiography of twice-Tour-de-France-winner Laurent Fignon, one of the greatest and most charismatic cyclists of all time.**

'One of the most charismatic and flamboyant cyclists in recent history' *Daily Telegraph*

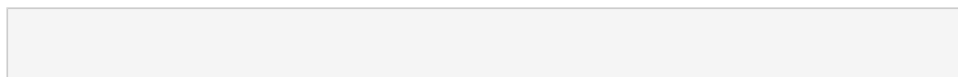
Laurent Fignon is one of the giants of modern cycling. Twice-winner of the Tour de France in the early eighties, Fignon became the star for a new generation. In 1989 he took part in one of the most fiercely-contested Tours of all time. Over the course of 3,285 kilometres he lost out to his American arch-rival, Greg LeMond, by an agonising eight seconds on the final Parisian time trial.

In this forthright and unflinching account the former champion spares neither friends nor opponents, nor even himself. In doing so he gives cycling fans a tantalising glimpse of what really went on behind the scenes of this epic sport - the friendships, the rivalries, the betrayals, the scheming, the parties, the girls, and, of course, the performance-enhancing drugs.

Laurent Fignon lived cycling at its peak. He enjoyed a truly exceptional career, winning over eighty titles from 1982 to 1993. The highs were matched by lows of serious injury, periods of self-doubt, and accusations of cheating.

Fignon's story bestrides a golden age in cycling: a time when the headlines spoke of heroes, not doping, and a time when cyclists were afraid of nothing.

**Laurent Fignon** was born in Paris in 1960. He won the Tour de France in 1983 and 1984 and the Giro d'Italia in 1989. In June 2009, Fignon revealed that he was being treated for advanced intestinal cancer and he died in August 2010.



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### **Editorial Review**

#### **Review**

"Astonishing. The twice winner of the Tour de France bares his soul, exploring the ups and downs of life as a champion, the world of competitive cycling, and his own failings" Liberation "Sports book of the year: He's ruthlessly honest, about himself and about cycling, and he provides a gripping insight into an unrelenting hard world" Independent "This book is both a poignant farewell and as well as a rare glimpse of Fignon and his world in his own words" London Cyclist "Sports book of the year: magnificent, baffling, wonderful" Sunday Herald "Often touching and, above all, very funny" L'Equipe

#### **About the Author**

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