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From training in China with Shaolin monks, to how MMA helped him channel his rage, to psychedelics and the ceremony in Peru that changed his life, to tapping into his 'reptilian brain' and the...

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Part Reptile: UFC, MMA and Me by Dan Hardy. For fans of Ronda Rousey's My Fight Your Fight and John Kavanagh's Win or Learn comes the first book from UFC fighter and now analyst Dan Hardy, who will lift the lid on his own career, give his views on other MMA competitors such as Conor McGregor, Michael Bisping, Georges St-Pierre, Nate Diaz and Amanda Nunes, and discuss just what it takes to ...

Part Reptile By Dan Hardy | Used - Very Good ...

Adesanya a major part of Silva's legacy. It was Silva's win at UFC 90 over Patrick Cote that got another skinny kickboxer interested in MMA. Israel Adesanya, who is now the UFC middleweight ...

UFC Fight Night: Anderson Silva non-committal on retirement

Boxing icon Floyd Mayweather Jr. has confirmed he will not step into the ring again professionally, but he will continue to take part in exhibitions and is willing to face more MMA fighters. "As of right now, I'm doing exhibitions. I'm 100 percent sure that I'm not fighting against any boxer ...

For fans of Ronda Rousey's My Fight Your Fight and John Kavanagh's Win or Learn comes the first book from UFC fighter and now analyst Dan Hardy, who lifts the lid on his own career and writes with insight and eloquence on all things MMA and UFC, the brutal and ever-evolving sport that launched such superstars as Conor McGregor, Michael Bisping, Georges St-Pierre, Nate Diaz and Amanda Nunes. Dan Hardy's first book is much more than a straightforward MMA autobiography. Taking the key fights from his career, Hardy explores the sport with the unparalleled insight that has made him the best analyst working today. From training in China with Shaolin monks, to how MMA helped him channel his rage, to psychedelics and the ceremony in Peru that changed his life, to tapping into his 'reptilian brain' and the psychological warfare of UFC, to his epic title fight with Georges St-Pierre. Hardy also speaks eloquently of the heart condition that forced him to stop fighting, the road to recovery, and the evolution of a sport that flies in the face of mainstream disapproval to entertain and thrill millions of obsessives around the globe.

SUNDAY TIMES BESTSELLER Some people are born to be a certain thing. And I was a born fighter. At the age of eight, Michael Bisping began his training in martial arts. By the time he was 15, he was fighting in his first no holds barred competition. When he turned professional and joined the UFC he was sure about one thing: only a world championship title would do. A British underdog in the greatest fighting championship on earth, he spent the next decade winning some of the championship's most sensational contests to achieve his dream, becoming the first ever British UFC world champion in 2016. From his boyhood years learning to fight in the gyms of Lancashire to his most shocking clashes in the cage, in Quitters Never Win Bisping tells the raw and unfiltered story behind his legendary career for the first time, including his greatest wins, his fiercest rivals and the harrowing injury that forced him into retirement. As audacious, entertaining and as candid as the man himself, it's a backstage pass to one of the world's most extreme sports and an unbridled account of what it really takes to become a champion, from sleeping in his own car to reaching the summit of the world's fastest growing sport.

If you're reading these words, chances are that you, like me, are a fan of the great sport we call MMA. And if you're a fan, then you probably recognize my face. Yeah, that's right—I'm that guy you see at every UFC match, spinning around and roaring into the microphone and getting up in fighters' grills. Okay, so I might not be the most subtle or refined announcer in the business. But I hope I communicate my passion for the sport in a way no other announcer does. I'll say it again: Passion. Because that's what this book is about. In these pages, I want to tell you about the passion that first led me to bet everything on this sport of ours, way back when MMA was outlawed in half the country and there wasn't a dime to be made on it. I want to tell you how that passion all started, with my larger-than-life father, a former Marine Drill Sergeant who, by the time I was ten, had taught me to play poker and blackjack, field-strip a Luger pistol blindfolded, and recite poetry. He was a man who thought nothing of confronting a group of thugs armed with nothing but his fists—and who expected the same strength and honor from his sons. I want to take you inside the incredible brotherhood that makes up the UFC as nobody ever has before, to tell you about the bond we all share and the crazy times I've had over the years with guys like Randy Couture, Tito Ortiz, Chuck Liddell, BJ Penn, and Jon "Bones" Jones. I want to give you my Octagon-side insights on many of the big fights you remember, and just maybe, to tell you about a few memorable fights that took place outside of the octagon, too—from my own sparring match with a youngster named Royce Gracie back before the phrase "Mixed Martial Arts" even existed, to some other brawls you might've heard about. And I want to tell you about the remarkable, late-life meeting with the celebrity brother I never knew I had—a brother whose existence my parents had never once breathed a word about!—that helped inspire me to chase my own dreams of standing up in the Octagon. Surprising stuff from the guy in the fancy tux, right? And that's just the start. There's a lot you don't know about me yet. And now... IT'S TIME! I told you.

"From notable mixed martial artist and UFC fighter, Justin Wren, comes a personal account of faith, redemption, empowerment, and overwhelming love as one man sets out on an international mission to fight for those who can't fight for themselves. Justin Wren knows what it's like to feel like the world is against you. Like many kids, Justin was bullied as a child, but had a dream that kept him going. Fueled by the anger he felt toward his tormenters, Justin trained hard and propelled his dream of becoming a UFC fighter into reality. But the pain from his childhood didn't dissipate and Justin fell into a spiral of depression and addiction, leading him on a path toward destruction. After getting kicked out of his training community, his career was in shambles and he had nowhere else to go, so Justin attended a men's retreat, and it was there he found God. As Justin began piecing his life back together, he joined several international mission trips that opened his eyes and his heart to a world filled with suffering deep in the jungle of the Democratic Republic of Congo. There

he came across the Mbuti Pygmy tribe, a group of people persecuted by neighboring tribes and forced into slavery. His encounter with the Pygmy tribe left him wondering who was there to help them and in that moment Justin stepped out of the ring and into a fight for the forgotten. From cage fighter to freedom fighter, Justin's story is a deeply personal memoir with a bigger message about a quest, justice, and the amazing things that can happen when we relinquish our lives to God"--

Growing up in Dublin, John Kavanagh was a skinny kid who was frequently bullied. After suffering a bad beating when he intervened to help a woman who was being attacked, he decided he had to learn to defend himself. Before long, he was training fighters in a tiny shed, and promoting the earliest mixed-martial arts events in Ireland. And then, a cocky young lad called Conor McGregor walked into his gym ... In *Win or Learn*, John Kavanagh tells his own remarkable life story - which is at the heart of the story of the extraordinary explosion of MMA in Ireland and globally. Kavanagh has become a guru to young men and women seeking to master the arts of combat. And as the trainer of the world's most charismatic male MMA star, he has become a magnet for talented fighters from all over the world. Kavanagh's portrait of Conor McGregor - who he has seen in his lowest moments, as well as in his greatest triumphs - is a revelation. What emerges from *Win or Learn* is a remarkable portrait of ambition, discipline, and persistence in the face of years and years of disappointment. It is a must read for every MMA fan - but also for anyone who wants to understand how to follow a dream and realize a vision.

After suffering a childhood of extreme mental and physical abuse at the hands of his unhinged and ultra-violent father, Jens Pulver rose to great heights in the underground world of mixed martial arts fighting. Guided by such legendary trainers as Bob Shamrock and Pat Miletich, Pulver defeated the likes of Alfonso Alcaarez, Joao Roque and Caol Uno, eventually attaining the ultimate aim of his gruelling ascent - a world title in the sport. For Pulver, eternally trapped in the nightmare of his childhood, victory was his only chance of salvation and his fists his only means of escape.

Cody Garbrandt grew up in a rough town in the Central Appalachian region of Ohio, surrounded by a longstanding culture of fighting—and drugs. Raised in this environment by a single mom (his dad left him at the young age of three to reside in the Ohio State Penitentiary), Cody grew up fighting, and he grew up wild. His future seemed predestined to end in the coal mines, or in prison. Thankfully, Cody had visions of something more. His American Dream? Mixed Martial Arts. But a path to success wasn't clear. He spent as much time fighting in the streets as he did in the gym—one bad decision away from losing everything. Then, at age 20, Cody's brother introduced him to five-year old Maddux Maple. Maddux was deathly ill with leukemia, his survival by no means assured. A unique friendship developed as they made a promise to each other: Maddux would beat cancer, and Cody would make it to the UFC and become world champion. Through five long years of pain and hardship, they both persevered; Cody, through the agony and sacrifices of fighting his way to the top, and Maddux through the horrors of chemotherapy. They loved and supported each other. They served as each other's inspiration. And in December 2016, they made good on their pact: Cody won his UFC Championship belt, which he promptly presented to Maddux—the boy who had beaten cancer into remission. This is their story.

As told to Leif Eriksson and Martin Svensson. Alexander Gustafsson grew up in Arboga, a small town in Sweden. A country boy, he started boxing when he was 10 - winning the national youth medal at the age of 16. After a handful of run-ins with the law he began practicing mixed martial arts and working his way up the ranks of the UFC. Nicknamed The Mauler by his training partners, due to his power, killer instinct and somewhat recklessness whilst fighting; this is the story of Gustafssons struggle to succeed in one of the world's most challenging sports. Family, friends, and the Christian faith all play decisive rolls. But above all, it's Alexander's unique talent for martial arts which, in just a few short years, sees him become one of the UFC's main poster boys. The Mauler is a frank and at times painful account of a young man rapidly heading off the rails, and of his fight to reach the top of his game in an effort to change his life forever.

AN INSPIRING MEMOIR FOR ANYONE WHO'S BEEN KNOCKED DOWN AND CAME UP SWINGING Paige VanZant is a rising Mixed Martial Arts star in the UFC's women's strawweight division and holds a reputation for her ability to defeat obstacles and brutal fights in and out of the octagon. But long before she was a world-class fighter and winning over fans with her unlikely strength, Paige battled her own private demons. *Rise* is the story of her fight to become a bone-breaking competitor. It is the deeply moving and soul-inspiring journey of a warrior who transformed her pain into power and became one of the toughest women in the world.

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