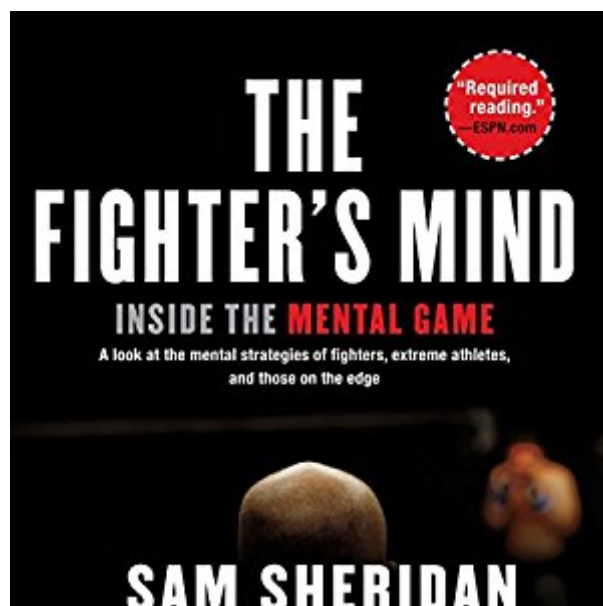


The book was found

# The Fighter's Mind: Inside The Mental Game



## Synopsis

In his acclaimed national best seller, *A Fighter's Heart*, Sam Sheridan took listeners with him as he stepped through the ropes into the dangerous world of professional fighting. From a muay Thai bout in Bangkok; to Rio, where he trained with jiu-jitsu royalty; to Iowa, where he matched up against the toughest in MMA, Sheridan threw himself into a quest to understand how and why we fight. In *The Fighter's Mind*, Sheridan does for the brain what his first book did for the body. To uncover the secrets of mental strength and success, Sheridan interviewed dozens of the world's most fascinating and dangerous men, including celebrated trainers Freddie Roach and Greg Jackson; champion fighters Randy Couture, Frank Shamrock, and Marcelo Garcia; ultrarunner David Horton; legendary wrestler Dan Gable; and many more. What are their secrets? How do they stay committed through years of training, craft a game plan, and adjust to the realities of the ring? How do they project strength when weak and remain mentally tough despite incredible physical pain? A fascinating book, bursting at the seams with incredible stories and insight, *The Fighter's Mind* answers these questions and many more.

## Book Information

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## Customer Reviews

What follows are thoughts that occurred to me while reading *The Fighter's Mind* by Sam Sheridan. We are all fighter's. Life is a fight. A struggle. This is what many of us fail to realize. In so many ways we have become quite comfortable, even those of us who are failing in life are doing so comfortably - we are not threatened by starvation or abject poverty - we are "losing" in life amidst

the comfort of big screen TV's, take out pizza, air conditioning and material abundance. Many of us are unhappy at the deepest level, but we bury the urge for change. We are propelled by the need to pay our bills and distracted by a cornucopia of novelties, pleasures and escapes. Time keeps ticking as we pass our lives away inside these velvet cages. What we want and most desire is possible. The cage door is not locked. We want change but fear stepping outside - into the unknown - into the possibility of failure. We are waiting - desperately - for someone to open the door for us, assure us that it is safe, to pave a way toward our dreams with no threat of failure. We believe that change comes from the outside - from someone or something ( a new law, a new leader, a new job, the lottery) - and spend our lives enviously dreaming, waiting, watching and lamenting those "lucky" ones who are living their dreams. You must be willing to fail in order to grow, to become everything you are capable of being. Attainment of our dreams and desires requires persistence, heart, courage, conviction, discipline - you have to be willing to FIGHT for it! That is the essence of life, it is "the fight." It is why I love MMA - no long-term contracts, no security, no pension - pure, raw life. Work hard, fight hard, learn and show up - everyday - and you will grow.

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