



The Fighter s Mind

By Sam Sheridan

Grove Press / Atlantic Monthly Press, United States, 2010.
Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. In his acclaimed national best seller, *A Fighter s Heart*, Sam Sheridan took readers 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,...



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Reviews

This type of book is everything and taught me to hunting ahead of time and more. It is actually rally interesting throgh looking at time period. You can expect to like just how the article writer write this publication.

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