



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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