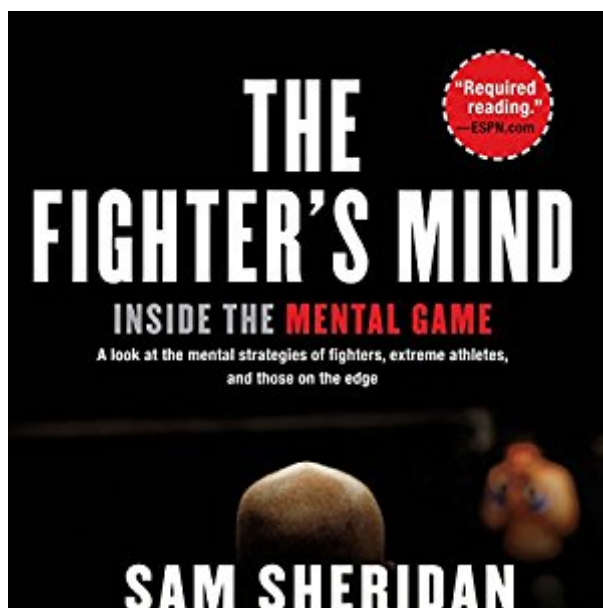


The book was found

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

If you're a fan of the fighting sports, this book is probably a 4 or 5 star. I'm not a fan and find it tough to appreciate the prestige of most of the fighters in the book because I don't recognize most of their names. It's good content, but might not be for you if you don't recognize the people he mentions in the book

I was pleasantly surprised by the rich insights of the world's great fighting minds that Mr. Sheridan has documented and analyzed in this book. The wide-ranging perspectives of these different, but very successful individuals have key traits in common. There are life lessons to be learned from each interview, ranging from wrestling and MMA legends, a chess master, ultra-runner and even an art critic, etc.

Great read. Awesome for my long plane ride to Thailand. Must read for any martial artist.

I am a huge MMA fan and haven't read Sam's first book (yet). But given all of the high praise for this book, I purchased the Kindle version before going on vacation. Once I started reading I couldn't put it down. I love how the book started with the insight of Dan Gable, wrestling's living legend, and went on to Jiu Jitsu great Marcelo Garcia, Olympic gold medalist Andre Ward, the always clutch Randy Couture, the wise beyond his years Greg Jackson, lightweight contender Kenny Florian, all time great Renzo Gracie, etc. etc. This book uncovers a lot about fighting but it also covers a lot about life. I like how Sam interviewed the still relatively young Josh Waitzkin and got loads of useful information about what it takes to be an all time chess great or a great marathon runner or a great fighter or anything else for that matter. Whatever your passion, I think this book has tons of value. I need to read this book over and over because there is so much great information that can apply to whatever you have a passion for. Great job Sam!

The Fighter's Mind is an incredible look at the mental part of competition and life. Through the lens of combat sports, Sam Sheridan goes around the world in search of answers to various questions about how top personalities think about fighting. The book is laid out in the form of short sections about each of the people that Sam talks to. People like Dan Gable, Freddie Roach, Greg Jackson, Renzo Gracie, and Randy Couture answer Sheridan's excellent questions with thoughtful and insightful responses that are presented in such a way that you get a very good look at how they think about the fight game and what in their lives have made them reach that point. Sam also covers areas outside of fighting, but areas that are thematically related. He talks to David Horton about endurance running, and he talks to Josh Waitzkin about moving from chess to tai chi to jiu-jitsu. In each section, Sheridan lets the subject be as concise or explanatory as they need to be on the page. He interjects his own experience into the responses, always at the correct time and always with an astute bit to enhance what the passage is about. I'd say that this isn't just the best combat

sports book I've read. This is the best sports book I've read. It's the best psychology book I've read. It is as thorough a meditation on the human passion for fighting and testing oneself as has ever been written. If you are at all interested in mixed martial arts, boxing, traditional martial arts, the human mind, or competition, you owe it to yourself to check this book out. As far as Sam Sheridan's catalogue of modern combat sports goes, I can definitely say that he is the A.J. Liebling of this generation.

This book was excellent, and in my opinion, very different than his first which was also great. Sheridan is obviously very intelligent and asks some of the great fighters the right questions. Sheridan is a deep thinker and really presses to get to the answer of what makes some fighters so much better than the rest. I think he was successful in finding the answer(s). Each of the fighters he spends time with gives a different answer and Sheridan adds a little of his own experience. The book is not the typical sports psychology--think positive stuff--although Sheridan does cover that. I think every reader will walk away with a different answer as to what will make him or her better in whatever they do. Marcello Garcia sums it up most simply in the book, but again every reader will get something different, so I won't spoil it here. Sheridan focuses on fighting, but touches on other competitive events so any competitive athlete will enjoy this book.

I got this for my husband as a christmas present. He is very into boxing and MMA and said that this book really helps you understand the mental challenges that you go through when training. He enjoyed the book and says it is a must read for fighters.

Excellent insight into the fighters world but also very inspiring for life in the "regular" world. Thank you.

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