

fight for the forgotten

HOW A MIXED MARTIAL ARTIST STOPPED FIGHTING
FOR HIMSELF AND STARTED FIGHTING FOR OTHERS

JUSTIN WREN

with Loretta Hunt

"Justin is the bravest tough guy and in one of the most grueling sports in the world.

It's a great book and it will inspire all who read it."

—BILL GLASS, founder of United We Help, NFL Super Bowl champion, and author of *Champion for Life*

Justin Wren and

Fight for the Forgotten: How a Mixed Martial Artist Stopped Fighting for Himself and Started Fighting for Others



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From notable mixed martial artist and UFC fighter Justin Wren comes an individual account of faith, redemption, empowerment, and overwhelming like as you man sets from an international mission to combat for those who can't dissipate. Bullied as a kid, he dreamed of learning to be a UFC fighter and used his anger as fuel to propel his dream into reality. Justin knows what it feels as though to be wronged. However the pain from his childhood didn't fight for themselves. Rather, Justin fell into a spiral of unhappiness and addiction, leading him on a path toward destruction. Kicked out of his schooling community and without other spot to go, Justin agreed to attend a males's retreat, and it was there he found God. As Justin began piecing his life back together, he joined several worldwide mission excursions that opened his eye and his heart to a world filled with struggling deep in the jungle of the Democratic Republic of Congo. There he fulfilled the Mbuti Pygmy tribe, a group of people persecuted by neighboring tribes and pressured into slavery.s story is a deeply personal memoir with a bigger message in regards to a quest, justice, and the amazing things that can happen when we relinquish our lives to God. From cage fighter to freedom fighter, Justin' His encounter with the Pygmy tribe remaining him wanting to know who was there to help them and in that minute Justin stepped out from the ring and into a battle for the forgotten.



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Touching, Funny, Extraordinary. Battle for the Forgotten is normally a Winner! I cannot agree more with Adrian Ramirez when he says Justin's story "inspires me to be a better human being. Justin's story is merely amazing. Having battled my own vices for almost 2 decades, reading Justin's personal account was like reading a journal I under no circumstances kept. Almost everyone has heard of African pygmies, but minimal one understands of their slave oppressors, brutal working circumstances, horrible life expectancy, or the plight of their rapidly diminishing heritage. Wren received direction from God and adopted his heart. A must read I could not put this publication down! In his battle to provide these poor souls a tone of voice and an objective, Wren has finally found a war worth waging. Justin's is a story that NEEDS to be heard by everyone! In what can best certainly be a memoir-laced like letter to a persecuted class of Congolese people, Battle for the Forgotten can be equivalent parts savage heartbreak, God worship and anthem-worthy third world success. Period. Go through it.com). Now :) I was fired up to Justin Wren through Joe Rogan's podcast. They do therefore because they discover that, as Justin describes in the reserve, his romantic relationship with God is the primary of who he's and there is usually nothing inauthentic or phony about it. The book does an excellent job of keeping the concentrate on how Justin went from being truly a shy and bullied kid, to a full-time MMA fighter, to a drugged-out depressed shell of a guy...and how he was transformed by the Like of God in order to be a conduit for the like of God in the lives of some of the most oppressed and brutalized people on earth--the Pygmies of the Congo. As you stick to along with Justin's story, you will realize that there are several things truly worthy of "fighting" for...plus they have brands and smiles and warmth and knowledge to talk about with us all. Wonderfully written, he brings the plight of the Pygmies directly into amazing focus, disturbingly so, how can these things continue in a modern world? His love for the unloved and desire to shine light into the darkest of locations is contagious and has inspired countless MMA supporters with whom he regularly interacts with over on the Underground (mixedmartialarts. Share it. And become inspired.. You might just come out the other side feeling compelled to accomplish some good in the world. Talk about it. Consequently, even those who are openly hostile to the Christian faith still respect and admire Justin and support what he's doing among his Pygmy family members. I can honestly say the episodes with Justin are a few of my favorites. His story is indeed inspiring and beautiful. What an awesome book! Inspiring What an amazing story of transformation and dedication to help the Forgotten. Essential read for all age groups! Once I got to reading, I was iffy as my very own relationship with God was very much like his (non-existent) in the very beginning of the reserve. It has opened my heart never to only the Pygmies but to God also. I cannot wait to talk about the story and give the Pygmies a tone of voice :) What an incredible book!... I immediately bought this reserve when I heard about it with zero hesitation. Such a great tale of what God can do with one man with a desire to help.. Not absolutely all great stories result in great ...! This is an excellent read! It does a great job of going back and forth from his former "fights" (both in and out from the cage) to his current "fight", one where he is fighting for an entire population of people. Justin Wren is a mountain of a guy, but his enormous frame may barely contain his center. provides led him to minister to who are in great need. Wonderfully written, he brings the plight of the Pygmies .. Buy it. Having noticed Justin Wren fight in the Octagon, it really is hard to trust he can possess such a loving, tender cardiovascular beyond the cage! My only complaint concerning this book is that it's so hard to learn through the tears...Purchase this book!?! The best portion of this book may be the idea it imparts on the subject of getting involved, it doesn't matter how big the task, of the impartiality of the world, regardless of the huge chances against you, one person CAN make a difference!. Five Stars Beautiful story..". "If you believe you are too

little to create a difference, try sleeping with a mosquito!." This one deserves a lot more than 5 stars. Thank you Justin for pouring yourself out ... Our family has lived in the Congo when it had been known as Zaire and did become familiar with the Congolese people and we can appreciate what Justin does to greatly help and form precious human relationships with the people God has led him to minister to who are in great need. Many thanks Justin for pouring yourself out because of this special people group and for acquainting us with your story that will inspire others to act along with you. reading Justin's personal account was like reading a journal I actually never kept As we all know, the journey of lifestyle is tumultuous and often unforgiving, and avoiding setbacks and negativity is not only impossible but could be detrimental to one's growth and advancement. From the depths of drug abuse to the elevation of personal purpose, Wren creates a story that reads like fiction, but is all too real. I was frequently embarrassed of my activities and more often than not ashamed of what I had become within my years of medication addiction. Those years though, as challenging as I thought they would be to get rid of (which was often my excuse for not changing), did not define me. What I am known for is usually how I bounced back. What's essential is that I acquired back up to combat again. Justin in that sense is the ultimate beacon for anyone needing to find inspiration by themselves journey. Guided by a refreshing take on faith Justin dropped his bad habits and detrimental influences to be Efeosa (the person who enjoys us) to the Mbuti pygmies. I'm a lover of Justin Wren! Their tale and this publication have changed my lifestyle for the better and permanently, and I can't recommend reading it plenty of. Read it. Must Read!! but that one is absolutely does! I just continued reading and reading. Inspiring book. Brief of writing a book of my very own, it is certainly hard to describe how inspirational it really is to observe people like Justin and his colleagues function tirelessly for the betterment of the most downtrodden people on the planet. Excellent! Very hear-warming tale. Excellent! The result is a human perspective on the ground in another of the most inhospitable and wretchedly poor locations on the planet. His descriptions made me feel like I was in the jungles of Africa with him. Not all great stories result in great books. This is a tale of redemption, recovery, forgiveness and impacting the world! Interesting, Educational and Insightful Interesting, Educational and Insightful. This is really near a 5 star read for me. There was a point during the personal growth and development back tale when I wished it would move along however the main story collection centered on the authors love and work in Congo a lot more than produced up for it. AMAZING & INSPIRATIONAL STORY The Justin Wren book is an inspirational biographical story about overcoming adversity! I dove into this book not really realizing it would share so very much about Justin's relationship with God. This publication was a much different watch of the stories told on the podcast, in my opinion, on best of all of the life events leading up to his journeys to the Congo. Five Stars Phenomenal book!!



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