

Copyrighted Material
SIT DOWN

SHUT UP

**Best
Seller**

and more than
amazon.com
in other retail outlets

**YOU'RE GONNA
WIN THIS THING**



**AN INCREDIBLE TRUE STORY OF OVERCOMING
IMPOSSIBLE ODDS IN AND OUT OF THE CAGE**

DAVE GREENBERG

Copyrighted Material

Dave Greenberg

Sit Down, Shut Up, You're Gonna Win This Thing: An Incredible True Story of Overcoming Impossible Odds In and Out of the Cage



[continue reading](#)

Stumbling back again to his part after barely surviving a rounded's worth of punishment and submission tries from a hard-striking opponent, Dave "Meanberg" Greenberg hears his MMA trainer bellow unexpected words: "Sit down down! Shut up! You're gonna earn this thing! Dave's story affirms that even though circumstances are in their darkest if we can muster our greatest in those apparently hopeless times, we as well shall prevail. Small did he know after that, but this might just be the beginning of fighting for his lifestyle and coming out on top. What starts out as a glimpse into the existence of an MMA fighter transforms into a journey of growing up and obtaining oneself by confronting adversity. He learns that his perseverance and grit can overpower not merely opponents in the cage, but also life-threatening car accidents, accidental injuries that compromise his dream of fighting once again, and losses that penetrate deeper than his physical wounds." These terms echo far beyond Dave's initial amateur cage battle to become recurring theme in his challenging existence.



[continue reading](#)

" A beautiful journey through the good and the bad of youth, with eventually an inspiring message and an optimistic ending. "SIT BACK, Shut Up, You're Gonna Gain This Thing" can be a powerful telling of one person's struggles, triumphs, and battles to overcome life's physical, mental, and emotional obstacles. The writer may not have beaten difficult odds to win an Olympic gold medal, yet it can take some degree of very hero powers to earn an Atlantic Town cage fight, rescue a man from a sinking car, or combat off five thugs twice his size. Regardless, less often told is the problem of the mere mortal's every-day battles. I recommend "SIT BACK, Shut Up" and look forward from what comes next in the Dave Greenberg saga! His tale operates the gamut of individual emotions and experiences - which range from the lows of a horrific car crash and several family hardships, to the highs of achieving a personal desire and overcoming a debilitating injury. This book reminds me of 1 of my favorite movies, "Boyhood. Dave also does a great job illustrating his variations of the human knowledge - the ignorant invincibility of youth, the drunken combat with your greatest pal, the teenage rebellion against parents, therefore numerous others. An inspiring trip of an every-day "Superman's" human encounter - featuring his trials, triumphs, and everything in between! Dave does an excellent job illustrating his personal tales and vividly getting the reader to the moments of several of his most intimate thoughts and tales.



[continue reading](#)

download free Sit Down, Shut Up, You're Gonna Win This Thing: An Incredible True Story of Overcoming Impossible Odds In and Out of the Cage e-book

download free Sit Down, Shut Up, You're Gonna Win This Thing: An Incredible True Story of Overcoming Impossible Odds In and Out of the Cage fb2

[download free Is Fred in the Refrigerator?: Taming OCD and Reclaiming My Life ebook](#)

[download Self-Care in the City: 100 Ways to Optimize Your Nutrition, Fitness & Wellness in an Urban Environment ebook](#)

[download The Abstinence Myth: A New Approach for Overcoming Addiction Without Shame, Judgment, Or Rules e-book](#)