

# ROUSEY



MY FIGHT/YOUR FIGHT & RONDA ROUSEY

*Ronda Rousey*

## **My Fight / Your Fight**



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THE ONLY OFFICIAL RONDA ROUSEY BOOK "The fight is yours to win."in and beyond your Octagon—s bantamweight champion, and Hollywood celebrity charts her difficult path to glory. s accounts of the toughest fights of her life—Marked simply by her signature appeal, barbed wit, and undeniable power, Rousey' In this inspiring and shifting reserve, Ronda Rousey, the Olympic medalist in judo, reigning UFC women'reveals the painful lack of her dad when she was 8 years old, the strength of her judo training, her battles with love, her meteoric rise to fame, the secret behind her undefeated UFC record, and what must be done to become the toughest girl on the planet. Rousey shares hard-won lessons on how best to be the very best at what you do, including how to find fulfillment in the sacrifices, how exactly to turn restrictions into opportunities, and how exactly to be the best on your worst day. Packed with natural emotion, drama, and wisdom, this is an unforgettable book by probably the most remarkable women on the planet.



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!.. I remember it enjoy it was yesterday and We was a "Rowdy" Ronda Rousey hater. Strongly suggested!-A previous Ronda hater now a fan. I would boo Ronda as I watched her fight at the neighborhood Buffalo Wild Wings and think to myself this female is a one trick pony and she'll become beaten once that technique fails. Disappointment would fill up me as she would win over and over again and I thought to myself maybe one day she won't.It wasn't until UFC 175 that she opened my eye and made me realize that I was letting my bias towards her blind my logical reasoning. Great Book Recommend My Fight/your fight is a memoir describing the ups and downs, highs and lows in the life span of Best Fighting Championship Titleholder Ronda Rousey.! Then I asked myself how is she so great? How does she make it look so easy? And why does everyone including Hollywood wish to be connected with Ronda Rousey? Mike Tyson could reflect on an entire profession plus while Ronda is normally hardly a third of just how through what she'll do professionally. Ronda is normally someone transfixed on her dream who works hard each day at it..Yet that's precisely where "My Combat/Your Battle" is structured thus artfully.Your guaranteed to test your own existence throughout and probably face some truths about yourself in addition to you read the extremes one person undergoes to be the best in the world. This amazing book which I read in under 6 hours was of the most inspirational books I have ever laid my eye upon and felt essential to write an assessment. Rondas childhood and profession to the present time is all detailed completely yet the publication itself smartly constructs itself as more of an inspirational than an autobiography. This reserve will highlight the future of ladies in and out of competition and about one of the greatest athletes and moreover one of the greatest humans this era has ever noticed. Each opponent she would face I'd dismiss them both as lacking skill and undeserving of being in probably the most elite mma company on the planet (the UFC [Best Fighting Championship]). If you are a fight fan, you will like this book. It's a manual to athletic success, a look into the chaotic existence of an Olympian and sports activities icon along with an in-depth continue reading the psychology of greatness. Must read for everybody, UFC fan or not At Ronda Rouseys pretty young age you may wonder if she's lived very long enough to warrant an autobiography so soon. I scoured several articles and examine that she was a difficult worker and a former olympian medal winner therefore maybe I thought that is why she is much better than everyone and let it become believing I solved it. And she showed me through what sensed like a 1st person perspective the events that brought her to greatness. Ronda Rousey hasn't simply helped pave the way for women's mma but is usually paving the way for women to not limit themselves to performing generic gender jobs also to realize that you will be whoever you wish and follow whatever route you choose.!\*\*if anyone can explain why WalMart won't display this but will that utter crap 50 tones of gray please let me

know\*\* Fighters Fight Yes, I know the name is a Rocky Balboa expression but it is appropriate.. I sensed like I was Rowdy Ronda Rousey going through the loss of life of her father, her failures and shortcomings at the pinnacle of Judo competition, surviving in a car, her trying to make an impression on her current mma trainer to teach her, the first mma fight, the technique to bring women's mma to the limelight, and what kinds of things she plans related to the future. An excellent book I think everyone can reap the benefits of reading personally. AMUST BUY. Where most bios of someone Rondas age group would feel like they are leaving you with just half the story, the life lesson structure brings "My combat" to a satisfying summary. Wow, just what a fun read about a true fighter. during this, she worked several part-time careers and her eventual rise into MMA or Mixed FIGHTING TECHINQUES. If you don't know who Ronda Rousy is certainly as well as your name isn't Floyd Mayweather then this is a good intro to why she actually is the real deal fighter. She is certainly not a novelty. Like most prize fighters, their life time lens on the world is that of a fighter. Ronda made a decision to start Judo because of her mother the first American to win the world judo championships and was originally only a whim on Ronda's part. Ronda is NOT a Champion by opportunity. This book shows a life time journey that got her there and is sure to maintain her there for some time to come. Unbeknownst to me she had a book developing today that I only heard bout yesterday. She delivers a message of toughness, determination and grit in a very humorous way. :-) Amazing and honest I couldn't stop reading. If you are a parent this book should be distributed to your daughters therefore they see the power of a female who just keeps moving forward. Book Can't wait to learn it. She'd co-primary event against fellow bantamweight Alexis Davis and defeated her dominantly by KO through the combination of an overhand correct, a judo throw, and punches from hell after they strike the deck. Ronda Rousey describes in her memoir her many struggles from her birth and language difficulties. love it! For this reason, she was struggling to speak an individual intelligible word and just those in her close family could understand her till she was three. She tells her tale about when she was a child and her father's accident and eventual suicide. Ronda acquired a very close relationship with her dad and learned a lot of things in life from him. The reserve will let you start to see the pursuing through her eye: her struggles, the family members stories that build a champions heart, the Ronda against the world, train, have confidence in yourself, overcome problems, refute anyone who says no, out function and out think all of them. She also talks about her rise in Judo with her mothers coaching, which eventually led her having the ability to get to her goal of being in the Olympics. Then your book talks about her break period from Judo which she did because she wished to be normal rather than to be constantly training and to enjoy herself. If you name isn't Dick Itty Bitty and if you never have to stand across from Ronda Rousey within an

Octagon, after that you will definitely enjoy this book. Great autobiography from her point of view Great autobiography from her point of view, I can't wait around to see if she's in store for all of us "life following the fight" Just the very best! I remember it enjoy it was yesterday and We was a "Rowdy" Ronda . Best book ever written Three Stars I'm not generally an autobiography reader, but it was a fascinating read. Five Stars Fabulous Book!!! It was then that I knew she was different, she wasn't a one trick pony but a once in a lifetime athlete who transcends the activity and reaches the mainstream through her complete dominance of her competition. Each chapter starts with a quotation/life lesson discovered prefacing the circumstances related to it.! Ronda was born with her umbilical cord covered around her throat and almost died because of it. Look forward to this book every evening. I have a damaged ankle and can't teach. Inspiring, love it! .. I felt if it was the official biography completed by the 135 pound champ I got to get my practical it to understand why she really became so great. I looked forwards to this book's launch and wasn't disappointed. Whether you love or hate Rousey - she .You don't need to be considered a fight fan to enjoy Rondas story or her infectious character.. As someone who writes about Martial Arts & an associate of a Boxing Commission - I looked forward to this book's launch and wasn't disappointed. Whether you love or hate Rousey - she'll go down ever sold as a trailblazer. She broadened the horizon of MMA. This personal appearance was refreshing, you can find great perspectives on her evolvment as a competitor and inspiring stories about her relationships with her mom, coach and others. In order to know very well what drives her winning spirit - that's where it began. I write about fighting principles. Couldn't put it down - Phillip Stephens, Writer Great read! As a longtime mma fan I never believed feminine mma fighters deserved to be in the UFC because their skill and fighting spirit paled compared to men's and I sensed this way with Rousey as well. Ronda Rousey certainly embodies the very best of those principles.



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