

WILSON'S BIRD  
BEST FRIEND

Ronda Rousey

## My Fight/Your Fight



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Rousey shares hard-earned 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 limitations into opportunities, and how exactly to be the greatest on your own worst day. Marked simply by her signature charm, barbed wit, and undeniable power, Rousey's account of the toughest fights of her life - in and beyond your Octagon - reveals the unpleasant loss of her father when the lady was eight yrs . old, the intensity of her judo teaching, her battles with appreciate, her meteoric rise to fame, the trick behind her undefeated UFC record, and what it takes to be the toughest woman on earth. In this inspiring and moving book, Ronda Rousey, Olympic medalist in judo, reigning UFC women's bantamweight champion, and Hollywood star, describes her difficult way to glory. Her story, her voice. Packed with raw emotion, drama, and wisdom, this is an unforgettable book simply by probably the most extraordinary women on earth.



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Great autobiography from her perspective Great autobiography from her point of view, I can't wait to see if she's in store for all of us "life following the fight" Just the best!... As a longtime mma enthusiast I never believed woman mma fighters deserved to be in the UFC because their skill and fighting spirit paled in comparison to men's and I sensed this way with Rousey too.-A former Ronda hater now a fan. I'd boo Ronda as I viewed her fight at the local Buffalo Crazy Wings and think to myself this girl is a one trick pony and she'll become beaten once that technique fails..It wasn't until UFC 175 that she opened my eyes and made me realize that I was letting my bias towards her blind my logical reasoning.Unbeknownst if you ask me she had a book developing today that I only heard bout yesterday. Ronda is someone transfixed on her behalf dream who functions hard each day at it. Then I asked myself how is normally she so great? How does she make it appearance so easy? And why will everyone including Hollywood wish to be connected with Ronda Rousey? Like most prize fighters, their lifetime lens on the world is that of a fighter. She'd co-primary event against fellow bantamweight Alexis Davis and defeated her dominantly by KO through the mix of an overhand correct, a judo throw, and punches from hell once they strike the deck. She also talks about her rise in Judo with her moms coaching, which ultimately led her being able to get to her goal to be in the Olympics. And she showed me through what felt like a 1st person perspective the events that brought her to greatness. I experienced like I was Rowdy Ronda Rousey going through the death of her father, her failures and shortcomings at the pinnacle of Judo competition, living in a car, her trying to make an impression on her current mma coach to teach her, the first mma fight, the technique to bring women's mma to the limelight, and what types of things she plans related to the future. during this, she worked many part-time jobs and her eventual rise into MMA or Mixed Martial Arts. Ronda Rousey hasn't just helped pave just how for women's mma but can be paving just how for women never to limit themselves to performing generic gender jobs also to realize that you can be whoever you wish and follow whatever route you select. This book will show you the future of women in and out of competition and about one of the greatest athletes and more importantly 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 the most elite mma company on earth (the UFC [Ultimate Fighting Championship]). :- ) Amazing and honest I couldn't stop reading. Mike Tyson could reflect on a whole career plus while Ronda can be barely a third of just how through what she will perform professionally.. It's a manual to athletic success, a look into the chaotic lifestyle of an Olympian and sports icon and also an in-depth continue reading the psychology of greatness.And yet that's precisely where "My Combat/Your Combat" is structured so artfully. Rondas childhood and profession to the present day is all detailed completely yet the reserve itself smartly constructs itself as more of an inspirational than simply an autobiography.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 very best in the globe. Where most bios of someone Rondas age would feel like they are leaving you with just half the tale, the life lesson framework brings "My battle" to a satisfying conclusion.You don't need to be considered a fight fan to take pleasure from Rondas story or her infectious character. Each chapter begins with a estimate/existence lesson learned prefacing the circumstances linked to it.A great book I think everyone can reap the benefits of reading individually.!!\*\*if anyone can explain why WalMart won't display this but will that utter crap 50 shades of gray please i want to know\*\* Fighters Fight Yes, I know the name is a Rocky Balboa expression but it is appropriate. Wow, what a fun examine about a genuine fighter. In the event that you name is not Dick Itty Bitty and when you never have to stand across from Ronda Rousey

within an Octagon, then you are sure to love this particular book. I looked forward to this book's launch and wasn't disappointed. She actually is not a novelty. I scoured a few 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 end up being believing I solved it. The book will let you see the following through her eyes: her struggles, the family members stories that create a champions heart, the Ronda against the globe, train, believe in yourself, overcome difficulties, refute anyone who says no, out function and out think all of them. Ronda is NOT a Champion by possibility. This book shows a life time journey that got her there and is sure to maintain her there for quite a while to come. It had been after that that I understood she was different, she wasn't a one technique pony but a once in an eternity athlete who transcends the activity and reaches the mainstream through her total dominance of her competition. She delivers a note of toughness, perseverance and grit in an exceedingly humorous way. If you are a fight lover, you will like this book. If you are a parent this publication should be shared with your daughters therefore they see the power of a woman who just keeps continue.! Great Book Highly recommend My Fight/your combat is a memoir describing the ups and downs, highs and lows in the life span of Best Fighting Championship Titleholder Ronda Rousey.. Ronda was created with her umbilical cord wrapped around her neck and almost died due to it. For this reason, she was struggling to speak a single intelligible word and just those in her close family members could understand her till she was three.! Ronda had a very close relationship with her father and learned many things in life from him. Ronda decided to start Judo due to her mother the initial American to earn the globe judo championships and was originally just a whim on Ronda's component. I experienced if it was an official biography done by the 135 pound champ I experienced to get my practical it to understand why she really became so great. Then the book discusses her break period from Judo which she did because she wanted to be normal and not to be constantly training also to enjoy herself. This amazing book which I read within 6 hours was of the very most inspirational books I've ever laid my eyes upon and felt necessary to create a review.I recall it like it was yesterday and I was a "Rowdy" Ronda .! Best book ever written Three Stars I'm not generally an autobiography reader, but it was an interesting read. Five Stars Fabulous Book! She tells her tale about when she was a child and her father's accident and eventual suicide. Book Can't wait to read it.!! AMUST BUY. love it! Anticipate this book every evening. I have a broken ankle and can't teach. Inspiring, love it! . Disappointment would fill me as she would win over and over again and I thought to myself maybe one day she won't. Must read for everyone, UFC fan or not At Ronda Rouseys pretty young age you might wonder if she's lived very long plenty of to warrant an autobiography so soon. If you don't understand who Ronda Rousy is and your name isn't Floyd Mayweather then that is a good intro to why she is the real deal fighter. Highly recommended! I remember it enjoy it was yesterday and I was a "Rowdy" Ronda Rousey hater. Ronda Rousey describes in her memoir her many struggles from her birth and vocabulary difficulties. This personal appearance was refreshing, you can find great perspectives on her evolvment as a competitor and inspiring tales about her interactions with her mom, coach and others. a member of a Boxing Commission - I looked ahead to this book's launch and wasn't disappointed. Whether you like or hate Rousey - she will go down in history as a trailblazer. She broadened the horizon of MMA. As someone who writes about FIGHTING TECHINQUES & In order to know very well what drives her winning spirit - this is where it began. I reveal fighting concepts. Ronda Rousey certainly embodies the best of those concepts. Great read! Whether you love or hate Rousey - she . Couldn't put it straight down - Phillip Stephens, Author



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