

A Fighter's Heart: One Man's Journey Through The World Of Fighting

X Games skateboarder, pro mixed martial arts fighter, and outspoken SiriusXM satellite radio host Jason Ellis shares his jaw-dropping and inspirational life story, from the depths of addiction to the glory of victory to the joys and ordeals of fatherhood. Fans of The Jason Ellis Show and the MMA-meets-music festival "Ellismania" know Ellis as a fearless daredevil—and as the new voice of action sports in America. Now, fans can learn how he got to be the man he is: the struggles, the setbacks, and the fight he put up to make it through to something better. Fans of Griffin Forrest's Got Fight and Tony Hawk's Hawk won't want to miss this unbelievable tell-all from a larger-than-life icon, and a fighter through and through.

With the success of the critically-acclaimed, Academy Award-winning film “The Fighter,” the world stood up and cheered for the inspiring true story of Micky Ward—a heart-and-soul warrior who overcame the odds to make history in the ring. But that was only part of the tale... Now, in his own words, “Irish” Micky Ward tells his inspirational life story as only he can. From his first bout at the age of seven, Micky Ward was known first and foremost for giving as good as he got, and absolutely everything he had in the ring. When he fought, quitting was never an option. It was that indomitable spirit that would allow him to survive, battle against, and overcome the harsh realities that he faced every day of his life. For it was outside the ring that Ward’s heart would be most needed, from witnessing his idolized older half-brother Dicky fall from grace, to dealing with his wildly dysfunctional—if frighteningly loyal—family, to the darkest of secrets that he has never until now, and the numerous setbacks and defeats that would have stopped a lesser man. Micky Ward has remained a fighter, through and through—both as a professional boxer, and as a man who finally found his greatest strength in friendship, family, and faith in himself From the rough streets of Lowell, Massachusetts, to the blood and sweat of the international fight game, to the bright lights and adulation of Hollywood, this is the rousing, moving, tragic, and humorous story of only Micky Ward.

This “whirling, no-holds-barred,” national bestselling memoir of mixed martial arts by the author of The Fighter’s Mind is “adrenaline-addled and addictive” (Playboy). In A Fighter’s Heart, former merchant marine and Harvard graduate Sam Sheridan shares a “fascinating” first-person account of his life inside the world of professional MMA fighting “and his behind-the-scenes access makes for a gripping read” (Sara Cardace, The Washington Post). In 1999, after a series of adventurous jobs—construction at the South Pole, ranching in Montana, and sailing private yachts around the world—Sheridan found himself in Australia with time to finally indulge a long-dormant obsession: fighting. After training in Bangkok at the legendary Fairtex Gym, Sheridan stepped through the ropes for a professional bout, embarking on an epic journey to discover what only a fighter can know about fear, violence, and most of all, himself. From small-town Iowa to the beaches of Rio, from streets of Oakland to the arenas of Tokyo, Sheridan trained, traveled, and fought with Olympic boxers, Brazilian jiu-jitsu stars, and Ultimate Fighting champions. This chronicle offers an insightful look at violence as a spectator sport, as well as a dizzying account of what it’s like to hit—and be hit by—some of the best fighters in the world.

Shortlisted for the William Saroyan International Prize for Writing A physical and philosophical meditation on why we are drawn to fight each other for sport, what happens to our bodies and brains when we do, and what it all means Anyone with guts or madness in him can get hit by someone who knows how; it takes a different kind of madness, a more persistent kind, to stick around long enough to be one of the people who does the knowing. Josh Rosenblatt was thirty-three years old when he first realized he wanted to fight. A lifelong pacifist with a philosopher’s hatred of violence and a dandy’s aversion to exercise, he drank to excess, smoked passionately, ate indifferently, and mocked physical activity that didn’t involve nudity. But deep down inside there was always some part of him that was attracted to the idea of fighting. So, after studying Muay Thai, Krav Maga, Brazilian jiu-jitsu, and boxing, he decided, at age forty, that it was finally time to fight his first only—mixed martial arts match: all in the name of experience and transcending ancient fears. An insightful and moving rumination on the nature of fighting, Why We Fight takes us on his journey from the bleachers to the ring. Using his own training as an opportunity to understand how the sport illuminates basic human impulses, Rosenblatt weaves together cultural history, criticism, biology, and anthropology to understand what happens to the human body and mind when under duress and to explore why he, a self-described “cowardly boy from the suburbs,” discovered so much meaning in putting his body, and others’, at risk. From the psychology of fear to the physiology of pain, from Ukrainian sthlets to Brooklyn boxing gyms, from Lord Byron to George Plimpton, Why We Fight is a fierce inquiry into the abiding appeal of our most conflicted and controversial fixation, interwoven with a firsthand account of what happens when a mild-mannered intellectual decides to step into the ring for his first real showdown.

An Indian History of the American West
Aikido and the Dynamic Sphere
White Fang
The 50 Zen Principles of Hand-to-Face Combat
A Paranormal Shifter Romance
The Life and Times of Sugar Ray Robinson
One Man's Journey Through The World of Fighting
Major Nghu, the fanatic North Vietnamese officer from book 1, is back. This time, he's got many more soldiers under his command, and uses different tactics, which he believes are guaranteed to defeat the Marines and Popular Forces of Combined Action Platoon Tango Niner. He starts by violating the Christmas truce - at a time when the Marines have American women visiting for Christmas dinner! Defeating the North Vietnamese is the toughest job Tango Niner has faced, especially once Major Nghu and his forces begin targeting the civilian population of the hamlets of Bun Hoa Village. Step by step, Major Nghu believes he is achieving his ultimate goal of defeating the Marines and PFs of Tango Niner. Step by step, the Marines and PFs find ways to counter him and his forces, until they meet in the ultimate battle for control of the Song Du Ong river valley.
Aikido and the Dynamic Sphere: An illustrated introduction provides a complete foundation in the practice of one of the most distinctive and effective Japanese martial arts. Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei. To possess the skills, techniques and attitude of the true practitioner of aikido, one must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. Written and illustrated by husband/wife team, Oscar Ratti and Adele Westbrook, Aikido and the Dynamic Sphere, with over 1,200 illustrations, includes many Aikido techniques in chapters such as: What is Aikido? The Foundations of Aikido The Practice of Aikido The Basic Techniques of Neutralization Advanced Practice And more!
Punches are thrown. Kicks are whipped. Knees are speared. And elbows fly. These are the eight limbs of Muay Thai. A boxing sport for two few foreigners ever truly experience. But Michael Chase Corley went for it. He went to the heart of the sport, Thailand. These are the stories of the wins and losses, of the joys and the pains. The Passion. The Dedication. The Fortitude. This is Muay Thai. Grit.
NEW YORK TIMES BESTSELLER * “A CLASSIC OF WAR REPORTING...THERE IS NO DOWNTIME IN THIS RELENTLESS BOOK.”—The New York Times * “REMARKABLE...A MEMORIAL IN PAGES.”—The Washington Post * “GRIPPING AND THOUGHT-PROVOKING.”—USA Today * “EVOCATIVE.”—Publishers Weekly, (Starred Review) * “IT JOINS THE BEST WAR LITERATURE THIS COUNTRY HAS EVER PRODUCED.”—Sebastian Junger, bestselling author of Tribe and War Pulitzer Prize winner C.J. Chivers’s unvarnished New York Times bestseller is a chronicle of modern combat, told through the eyes of the fighters who have waged America’s longest wars: “A classic of war reporting...there is no downtime in this relentless book” (The New York Times). More than 2.7 million Americans have served in Afghanistan or Iraq since September 11, 2001, and C.J. Chivers reported on both wars from their beginnings. The Fighters vividly conveys the physical and emotional experience of war as lived by six combatants: a fighter pilot, a corpsman, a scout helicopter pilot, a grunt, an infantry officer, and a Special Forces sergeant. Chivers captures their courage, commitment, sense of purpose, and ultimately their suffering, frustration, and moral confusion as new enemies arise and invasions give way to counterinsurgency duties for which American forces were often not prepared. The Fighters is a “gripping, unforgettable” (The Boston Globe) portrait of modern warfare. Told with the empathy and understanding of an author who is himself an infantry veteran, The Fighters is “a masterful work of atmospheric reporting, and it’s a book that will have every reader asking—with varying degrees of urgency or anger or despair—the final question Chivers himself asks: ‘How many lives had these wars wrecked?’” (Christian Science Monitor).
Got Fight?
A Warrior's Heart
The True Story of Life Before and Beyond The Fighter
Hard to Handle
The Disaster Diaries
The Fighter's Mind
The Extraordinary True Story of One Man's Survival in Warsaw, 1939-1945

Eighteen science fiction stories deal with love, madness, and death on Mars, Venus, and in space. John Eldredge revises and updates his best-selling, renowned Christian classic. God designed men to be dangerous, says John Eldredge. Simply look at the dreams and desires written in the heart of every boy: To be a hero, to be a warrior, to live a life of adventure and risk. Sadly, most men abandon those dreams and desires-aided by a Christianity that feels like nothing more than pressure to be a "nice guy." It is no wonder that many men avoid church, and those who go are often passive and bored to death. In this provocative book, Eldredge gives women a look inside the true heart of a man and gives men permission to be what God designed them to be: dangerous, passionate, alive, and free.

Sugar Ray Robinson was one of the most iconic figures in sports and possibly the greatest boxer of all time. His legendary career spanned nearly 26 years, including his titles as the middleweight and welterweight champion of the world and close to 200 professional bouts. This illuminating biography grounds the spectacular story of Robinson’s rise to greatness within the context of the fighter’s life and times. Born Walker Smith Jr. in 1921, Robinson’s early childhood was marked by the seething racial tensions and explosive race riots that infected the Midwest throughout the 1920s and 1930s. After his mother moved their family to Harlem, he came of age in the post-Renaissance years. Recounting his local and national fame, this deeply researched and honest account depicts Robinson as an eccentric and glamorous—yet powerful and controversial—celebrity, athlete, and cultural symbol. From Robinson’s gruesome six-bout war with Jake “Raging Bull” LaMotta and his lethal meeting with Jimmy Doyle to his Harlem nightclub years and thwarted showbiz dreams, Haygood brings the champion’s story to life. The INSTANT New York Times Bestseller Winner of the National Book Critics Circle Award for Biography Winner of the PEN/Jacqueline Bograd Weld Award Winner of the Chautauqua Prize Finalist for the Plutarch Award A New York Times Notable Book of 2021 A New York Times BookReview Editors’ Choice A New York Times Critics’ Top Pick of 2021 Wall Street Journal 10 Best Books of 2021 Time Magazine 100 Must-Read Books of 2021 Publishers Weekly Top Ten Books of 2021 An Economist Best Book of the Year Oprah Daily Best New Books of August A New York Public Library Book of the Week In this “stunning literary achievement,” Donner chronicles the extraordinary life and brutal death of her great-great-aunt Mildred Harnack, the American leader of one of the largest underground resistance groups in Germany during WWII—a page-turner story of espionage, love and betrayal! (Kai Bird, winner of the Pulitzer Prize for Biography) Born and raised in Milwaukee, Mildred Harnack was twenty-six when she enrolled in a PhD program in Germany and witnessed the meteoric rise of the Nazi party. In 1932, she began holding secret meetings in her apartment—a small band of political activists that by 1940 had grown into the largest underground resistance group in Berlin. She recruited working-class Germans into the resistance, helped Jews escape, plotted acts of sabotage, and collaborated in writing leaflets that denounced Hitler and called for revolution. Her coconspirators circulated through Berlin under the cover of night, slipping the leaflets into mailboxes, public restrooms, phone booths. When the first shots of the Second World War were fired, she became a spy, couriering top-secret intelligence to the Allies. On the eve of her escape to Sweden, she was ambushed by the Gestapo. At a Nazi military court, a panel of five judges sentenced her to six years at a prison camp, but Hitler overruled the decision and ordered her execution. On February 16, 1943, she was strapped to a guillotine and beheaded. Historians identify Mildred Harnack as the only American in the leadership of the German resistance, yet her remarkable story has remained almost unknown until now. Harnack’s great-great-niece Rebecca Donner draws on her extensive archival research in Germany, Russia, England, and the US, as well as newly uncovered documents in her family archive to produce this astonishing work of narrative nonfiction. Fusing elements of biography, real-life political thriller, and scholarly detective story, Donner brilliantly interweaves letters, diary entries, notes smuggled out of a Berlin prison, survivors’ testimony, and a trove of declassified intelligence documents into a powerful, epic story, reconstructing the moral courage of an enigmatic woman nearly erased by history.

Solitary
The Illustrated Man
Change of Heart
One Man's Journey as Joseph Kony's Bodyguard
The Belt Is Just an Accessory
A Nghu Day Dawns
Things Fall Apart
The Book of Five Rings is a text on kenjutsu and the martial arts in general, written by the Japanese swordsman Miyamoto Musashi around 1643.Written over three centuries ago by a Samurai warrior, the book has been hailed as a limitless source of psychological insight for businessmen-or anyone who relies on strategy and tactics for outwitting the competition. Recounts the personal story and international travels of a professional fighter, from his initial discovery of his passion for fighting upon his arrival in Australia, to his training at Bangkok's legendary Fairtex gym, to his research throughout the world in search of historical and contemporary fighting disciplines. Reprint.
The book every martial arts fan has been waiting for. No Holds Barred tells the story of the phenomenal rise of 'Ultimate Fighting', the mixed combat competition that has been labelled 'the most dangerous sport in the world' and 'human cockfighting'. Its aim is simple: to find the best fighter, from whatever discipline, on the planet. Journalist Clyde Gentry has conducted more than 80 interviews to piece together the sport's origins in Brazil, its spread around the world, the political battles, vilification and banning orders, and the stories of the sport's stars.
Okonkwo is the greatest warrior alive, famous throughout West Africa. But when he accidentally kills a clansman, things begin to fall apart. Then Okonkwo returns from exile to find missionaries and colonial governors have arrived in the village. With his world thrown radically off-balance he can only hurtle towards tragedy. Chinua Achebe's stark novel reshaped both African and world literature. This arresting parable of a proud but powerless man witnessing the ruin of his people begins Achebe's landmark trilogy of works chronicling the fate of one African community, continued in Arrow of God and No Longer at Ease.

MMA, Conor McGregor and Me: A Trainer's Journey
One Man's Dark Empire and the Making of Our Favorite Drug
One Man's Triumphant Quest to Become the Sweetest Dude Ever
A Fighters Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts

A Novel
A Fighter's Heart
One Man's Quest to Learn Everything Necessary to Survive the Apocalypse
Claiming that “the belt is just an accessory,” Ultimate Fighting Championship (UFC) Lightweight Champion B.J. Penn explains Why I Fight in this honest, intimate, and fascinating memoir. Written with David Weintraub, Why I Fight is an unforgettable portrait of one of the top and most recognizable mixed martial artists in the UFC and an up-close look at one of the most exciting and fastest growing sports in the world. UFC and Jiu-Jitsu aficionados—and fans of Iceman, A Fighter’s Heart, and Bruce Lee’s classic The Tao of Jeet Kun Do—will want to explore Why I Fight. This is the story of a kid from the wrong side of Scranton who made it to the Naval Academy, played linebacker for the Navy football team for four years, became a Marine officer, graduated first in his infantry officer class, led his men in two intense combat tours in the Anbar Province, received the Silver Star for gallantry, and now has emerged as one of the most interesting figures on the mixed martial arts (MMA) professional circuit. “Fighter pilots tell the greatest stories and the great ones tell the best stories of all.” —PAT CONROY, bestselling author of The Great Santini and The Death of Santini “This book is not only among the finest war writing ever but, like Viktor Frankl’s Man’s Search for Meaning, Solitary sits alongside the most profound reflections on the resilience and capacity of the human soul.” —STEVEN PRESSFIELD, bestselling author of The Lion’s Gate and The War of Art “Solitary is a gutsy story of one man’s survival, endurance, and strength of will.” —LARRY ALEXANDER, bestselling co-author of A Higher Call “I anxiously await the day my own sons are old enough to read it.” —RICH COHEN, bestselling author of Tough Jews “You will tear through this book.” —RYAN HOLLIDAY, bestselling author of The Obstacle is the Way “It grabs you immediately, and doesn’t let go until you’re finished.” —TUCKER MAX, bestselling author of I Hope They Serve Beer in Hell “A magnificent triumph of the human spirit...I was captivated from the first page to the last.” —SEAN PARNELL, bestselling author of Outlaw Platoon Giora Romm was the Israeli Air Force’s first fighter ace. As a twenty-two-year-old lieutenant he shot down five MIGs during the Six Day War of 1967. Fourteen months later over the Nile Delta, an Egyptian missile exploded beneath the tail of his Mirage IIIC. Within moments Romm found himself hanging by the straps of his parachute, with a broken arm and a leg shattered in a dozen places, looking down from 10,000 feet. Streams of farmers and field workers converged below onto the spot toward which his chute was descending, with the intention, of him fighting his way down to earth, to land on his feet, to touch the earth. No other Israeli pilot had survived capture in Egypt or in any other Arab state. Solitary is Romm’s story of his imprisonment, torture, interrogation, release, and return to service. Solitary is not a war book. It’s not a tale of heroism, though if anyone ever qualified for that distinction, it is this story’s author. Solitary is not even, in its deepest parts, about captivity or imprisonment. Solitary is about Romm’s inner war. It’s the story, in his phrase, “of a fall from a great height,” not only literally but metaphorically. Romm could not tell his captors the truth about who he was or what he had done. He had to invent an entire fictional biography and keep it straight in his head through months of beatings and interrogations, all the while being held in solitary confinement with his body sheathed from chest to toe in a plaster cast. Solitary is not a grim book. It’s full of wry humor, keen self-observations and revelations. An ordeal such as Romm endured is a sojourn in hell, but it is also a passage. Romm fell, and he came back. Solitary is his indelible account of confronting, as few of us ever will, his own fears and limitations, and discovering, ultimately, his capacity to survive and to prevail. —From the Introduction by Steven Pressfield From the acclaimed author of A Fighter’s Heart comes an “entertaining and enlightening” look inside the mental game of mixed martial arts fighting (Dave Doyle, Yahoo! Sports). In his acclaimed national bestseller, A Fighter’s Heart, Sam Sheridan took readers with him into the dangerous world of professional fighting. From a muay Thai bout in Bangkok to Iowa, where he fought the toughest mixed martial arts stars, Sheridan threw himself into a quest to understand how and why we fight. In The Fighter’s Mind, Sheridan explores the mental discipline required of an elite fighter. In his training, Sheridan heard time and again (in Yogi Berra fashion) that “fighting is ninety percent mental, half the time.” But what does this mean, exactly? To uncover the secrets of mental strength and success, Sheridan interviewed dozens of the world’s most fascinating and dangerous men. He spoke with celebrated trainers Freddie Roach and Greg Jackson; champion fighters Randy Couture, Frank Shamrock, and Marcelo Garcia; ultrarunner David Horton; chess prodigy (and the inspiration for Searching for Bobby Fischer) turned tai chi expert Josh Waitzkin; and the legendary wrestler Dan Gable, among others. “Fantastic . . . One of the best MMA books I’ve ever read, and I’ve certainly read my fair share.” —Eric O’Brien, “Way of the Warrior,” ESPN radio “You don’t have to care about fighting, or even know that MMA stands for mixed martial arts, to find insights into human behavior in Sam Sheridan’s The Fighter’s Mind.” —David M. Shribman, Bloomberg

One man's journey through the world of fighting
Sweet Thunder
Bury My Heart at Wounded Knee
An Illustrated Introduction
No Holds Barred
Odyssey
Heart for the Fight
A long-suppressed and moving true testament to the strength of the human spirit and the power of music recounts the World War II experiences of a professional Warsaw pianist who, though losing his family, survives the Holocaust in hiding. Reprint. 25,000 first printing.
Lena I never meant to become the go-to P.R. girl for the biggest jerks in professional sports. Unfortunately, I built a reputation for turning dochebags into superstars, and now I'm stuck. When I'm assigned to work with a guy accused of hitting his girlfriend, enough is enough. I know all about men like Jase 'The Wrangler' Rawlins, and I have the emotional scars to prove it. Mouthy, conceited, and hot as f---ck, he's used to getting his way. I want nothing to do with him, but my boss makes an offer I can't refuse. My dreams are finally within reach, and the more I get to know Jase, the more I wonder if I've gotten him completely wrong. He may be bossy and infuriating, but he's hiding a heart as massive as his ego. Can I let go of the past and trust the feelings growing between us when my career is on the line? Jase Trouble is nothing new for an MMA bad boy like me, but this time I'm in too deep and can't get out. At least, not without help. That's where Lena LaFontaine comes in. All buttoned-up blouses and ass-hugging skirts, she's a distraction I don't need, but she's also the only one who can make my problems go away. She wants to hate me. I'm not going to let that happen. I never expect the way I ache to taste her pouty lips and claim her for my own. My life is on the verge of imploding, and when it does, I'm not sure if I'll emerge as a champion or be imprisoned for a crime I didn't commit. I won't drag her down with me, but when push comes to shove, I don't know if I can give her up, either.

A Fighter's Heart
One Man's Journey Through The World of Fighting
Atlantic, Inc.
A NEW YORK TIMES BESTSELLER From the world’s most popular UFC fighter, Georges “Rush” St. Pierre, comes a startlingly honest portrait of a fighter’ s journey, highlighting the lessons that propelled his rise from bullying victim to internationally celebrated athlete and champion. There’ s more to winning battles than fists and feet For world-renowned professional fighter Georges St-Pierre, the greatest asset is not physical strength or athleticism—it ’ s a sense of purpose. From his beginnings as a small, mercifully bullied child first discovering karate to his years as a struggling garbage collector who spent all his free time in the gym, his hard-fought rise in the sport of mixed martial arts, and his long, painful recovery from a career-threatening injury, Georges never lost sight of his ambition to become the greatest martial artist of all time. In The Way of the Fight, Georges for the first time reveals what propelled him not only to become a champion but to embrace obstacles as opportunities to build character. The Way of the Fight is an inspirational look into the mindset of a master. To Georges, all life is competition, and there ’ s no more perfect metaphor for competition than the life of a fighter. He explains the value of discipline, risk and even fear, with the wisdom of one who knows that nothing is assured—his next fight could always be his last. Drawing inspiration from fighting legends, Eastern philosophy and a trusted inner circle, The Way of the Fight is a powerful, life-changing guide to living with purpose and finding the way to accomplish your loftiest goals.

Fighter's Heart
Coffeeland
Win or Learn
An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests
The Fighters
Americans In Combat
My Fighting Life
The Ultimate Fighting Champion's journey from a bartending job in California to his forefront position as a top-ranked light-heavyweight fighter, describing his intellectual youth, training in martial arts, and numerous UFC victories.
A New York Times Bestseller, Got Fight? is an hysterical, entertaining, and in-your-face guide to fighting from the most enigmatic and unpredictable fighter in Mixed Martial Arts (MMA). Forrest Griffin is the light-heavyweight champion of the Ultimate Fighting Championship (UFC) and was the winner of the first season of Spike TV's The Ultimate Fighter; in Got Fight?, he shows you how he did it. With Erich Krauss, Muay Thai fighter and co-author of "The Prodigy" B.J. Penn's Mixed Martial Arts: The Book of Knowledge.
Cammie Samuels has been in hiding her whole life, not allowing herself to get close to anyone other than her fighter brothers. Her inner animal is rare, and the threat of discovery is all too real. It's a hard way to live, but she's made peace with her life, channeling her frustration into fight training, until a mysterious human shows up, shattering her illusion of peace.After a terrible accident, Alex Kincaid has no memory of who he is or why he was looking for the Rocky River fighters. But when he meets Cammie, he's certain she's the one he's been searching for. As pieces of his memory return, he's left with more questions than answers, and though he's falling for her hard, he knows he isn't truly free to be with her until he figures out who and what he really is. With danger approaching, Alex must recover his memory to save the woman he loves, or risk leaving her to fend for herself against an enemy who's been hunting her for years.
Growing up in Dublin, John Kavanagh was a skinny kid who was frequently bullied. After suffering a bad beating when he intervened to help a woman who was being attacked, he decided he had to learn to defend himself. Before long, he was training fighters in a tiny shed, and promoting the earliest mixed-martial arts events in Ireland. And then, a cocky young lad called Conor McGregor walked into his gym . . . In Win or Learn, John Kavanagh tells his own remarkable life story – which is at the heart of the story of the extraordinary explosion of MMA in Ireland and globally. Kavanagh has become a guru to young men and women seeking to master the arts of combat. And as the trainer of the world's most charismatic male MMA star, he has become a magnet for talented fighters from all over the world. Kavanagh's portrait of Conor McGregor – who he has seen in his lowest moments, as well as in his greatest triumphs – is a revelation. What emerges from Win or Learn is a remarkable portrait of ambition, discipline, and persistence in the face of years and years of disappointment. It is a must read for every MMA fan – but also for anyone who wants to understand how to follow a dream and realize a vision.

Fighter's Secret
Why We Fight

The Way of the Fight
Easyread Super Large 24pt Edition
Ultimate Fighting and the Martial Arts Revolution
The Book of Five Rings (Annotated)
Gain the basic skills you'd need to live through a cataclysmic event—one humbling and angst-filled lesson at a time We're inundated daily with images of chaos and catastrophe from movies, books, and the nightly news. When Sam Sheridan became a father, these tales of disaster became impossible to ignore, and he was beset with nightmares about being unable to protect his son. He soon realized, however, that each possible doomsday scenario required a different skillset, and in order to really survive the apocalypse, building an igloo. With just the right mix of seriousness, paranoia, and self-deprecation, The Disaster Diaries is irresistible armchair adventure reading that informs as much as it entertains.
A New York Times Book Review Editors' Choice "Extremely wide-ranging and well researched. . . in a tradition of protest literature rooted more in William Blake than in Marx." —Adam Copnik.
The New Yorker The epic story of how coffee connected and divided the modern world Coffee is an indispensable part of daily life for billions of people around the world. But few coffee drinkers know this story. It centers on the volcanic highlands of El Salvador, where James Hill, born in the slums of Manchester, England, founded innovations of the Industrial Revolution to plantation agriculture. Hill helped turn El Salvador into perhaps the most intensive monoculture in modern history—a place of extraordinary productivity, inequality, and violence. In the process, both El Salvador and the United States earned the nickname “Coffeeland,” but for starkly different reasons, and with consequences that reach into the present. Provoking a reconsideration of what it means to be connected to faraway people and places, Coffeeland tells the hidden and deep in the Congo’s Garamba National Park in the dead of night. Joseph Kony – the notorious warlord wanted by the International Criminal Court – made a shocking admission. Loosened by home-made wine, exposing a vulnerability he could never show the world, Kony looked George Omona in the eye. “You need to know that if I had a choice I would not be doing this. . . I wish I could be a man of books, like you.” Three years earlier George was expelled from one of Uganda’s best schools, just weeks before he was due to enlist found him a role in Kony’s Lord’s Resistance Army (LRA). George’s education and fluent command of English allowed him to rapidly rise through the ranks, eventually becoming one of Kony’s bodyguards, before he finally made his escape. George’s story – based on many hours of interviews with acknowledged LRA expert Ledo Cakaj – provides a vivid, personal and fascinating insight into the inner workings of the LRA, and the mind of Kony, its self-appointed prophet.

FOSTER/HARD TO HANDLE
The Crash, Captivity and Comeback of an Ace Fighter Pilot
One Man's Search for Meaning Inside the Ring

When The Walking Defeats You

The Pianist

Iceman

The Book Thief

Discovering the Secret of a Man's Soul

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star-cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

The “fascinating” #1 New York Times bestseller that awakened the world to the destruction of American Indians in the nineteenth-century West (The Wall Street Journal). First published in 1970, *Bury My Heart at Wounded Knee* generated shockwaves with its frank and heartbreaking depiction of the systematic annihilation of American Indian tribes across the western frontier. In this nonfiction account, Dee Brown focuses on the betrayals, battles, and massacres suffered by American Indians between 1860 and 1890. He tells of the many tribes and their renowned chiefs—from Geronimo to Red Cloud, Sitting Bull to Crazy Horse—who struggled to combat the destruction of their people and culture. Forcefully written and meticulously researched, *Bury My Heart at Wounded Knee* inspired a generation to take a second look at how the West was won. This ebook features an illustrated biography of Dee Brown including rare photos from the author's personal collection.

After a series of adventurous jobs around the world, Sam Sheridan found himself in Australia, cash-rich and with time on his hands to spend it. It occurred to him that he could finally explore a long-held obsession: fighting. Within a year, he was in Bangkok training with Thailand's greatest kickboxing champion and stepping through the ropes for his first professional bout. But one fight wasn't enough, and Sheridan set out to test himself on an epic

journey into how and why we fight, facing Olympic boxers, Brazilian jiu-jitsu stars, and Ultimate Fighting champions.

The Night Fighters, Book 5

Stories Of An American Nak Muay

Wild at Heart

Why I Fight

A Marine Hero's Journey from the Battlefields of Iraq to Mixed Martial Arts Champion

Parting the Clouds - the Science of the Martial Arts

Heart of a Fighter

He's too wild, too unpredictable, and completely off-limits by my coach's decree. My life imploded and now I'm halfway around the world, sleeping in my brother's spare room, and trying to get my sh*t together. A new relationship is the last thing I need. Especially one with my coach-slash-brother's protégé, cocky cage fighter Devon Green. Devon's big heart, sexy swagger, and determination to coax me out of my shell appeal more than they should. I've spent years building my defenses, but every stolen moment with him tempts me to tear them down. Unfortunately, I need to keep my hands to myself unless I'm willing to risk losing my home, my job, and my family. I've stepped into the ring dozens of times before, but fighting for love is the most terrifying prospect of all. When the final buzzer sounds, will Devon and I be left standing?

This is a book that's long overdue: One that provides information that has never before been published, compiled or analyzed in a way that's designed to help fighters. This is a guide to the science of kicking and punching that can settle the debates about which techniques are the most effective and why. It will help a fighter to fight, an instructor to teach and martial artists to advance by working things out for themselves. There is no magic involved in the martial arts. The force and power that is displayed by an expert fighter is the consequence of rigorous training in the accurate application of physical laws. Understanding how to use these laws of physics to create massive impact forces will provide a personal insight into the practice of correct technique and form. This unique piece of work will act as a technical reference that provides the facts and figures that fighters seek, including records of the maximum force and speed achieved by some of the best present day warriors, helping to answer many of the most difficult questions in the martial arts.

The acclaimed #1 "New York Times"-bestselling author presents a spellbinding tale of a mother's tragic loss and one man's last chance at gaining salvation. Once again, Picoult mesmerizes and entralls readers with this story of redemption, justice, and love.

The Daily Show (The Book)

The True Story of the American Woman at the Heart of the German Resistance to Hitler

I'm Awesome

Muay Thai Grit

All the Frequent Troubles of Our Days

Inside the Mental Game