

Muay Thai: Peace, At Last

From the critically acclaimed author of "Muay Thai: Peace, At Last," comes another in the Combat Sports book series. Sam Benton is known around the world as the future star of boxing, when a single moment of violence alters his path dramatically. A hero to some. A villain to most. Finally granted a second chance at his freedom, Benton dedicates himself to the task of enjoying the little things, as far away from the spotlight as possible. When events intercede and destiny sets him on a path towards boxing glory, Sam comes face to face with the ghosts of his past, and he must will himself to the top. In a world where sports and politics collide in a violent fashion, *When Fighters Dance* is a story of willpower, family, and the overwhelming need to fight.

An intimate and unflinching memoir exploring Mia Kang's journey from self-loathing to self-love Mia Kang is many things: a sought-after model, an immigrant, an eating disorder survivor, and a Muay Thai fighter. Her first book, *Knockout*, is the story of how she eschewed normative body standards and learned to use martial arts to redefine her sense of self-worth. In a charming, fierce, and intimate voice, Kang invites readers into her world. She once lived and died by her weight, but she is now defined by her confidence in being a woman who lives outside the mold of what we're taught is "feminine." After dealing with bullying, addiction, body dysmorphia, anxiety, depression, and even suicidal thoughts, Mia acknowledges that she is lucky to still be alive to tell readers what she's learned: to not let anyone else dictate who you are supposed to be.

Punches are thrown. Kicks are whipped. Knees are speared. And elbows fly. These are the eight limbs of Muay Thai. A boxing sport that 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.*

"The terrifying finale is a doozy, and Ky is a capable (can you say muay thai?), whip-smart, snarky joy. Readers will follow her anywhere, no matter how dangerous. Dark and thrilling." —Kirkus When her FBI agent father is framed for murder, Kylene is forced to move in with her grandfather, back to the small town that turned its back on her, and the boy who betrayed her. All Ky cares about is clearing her father's name, but someone won't let her forget the photo scandal that drove her away two years ago. As the threats gain momentum, Ky finds an unlikely ally in the rookie FBI agent sent to keep an eye on her. Determined to expose the town's hidden skeletons, Ky unwittingly thrusts herself into a much bigger plot. They thought she'd forgive and forget. They're about to learn they messed with the wrong girl. "A quick-witted heroine, a fast-paced plot, and a twisty whodunit mystery kept me on my toes. Fans of *Riverdale* will adore Kylene Danners and devour this suspenseful story." —USA Today bestselling author K.A. Tucker At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The Knockout Rule

Muay Thai: the Footwork

Knockout

The Knockout

Fighting Silence

Dare You to Lie

It didn't matter that the ref called it a clean hit. Nico Hunter would never be the same. Elle has a job she loves, a great apartment, and the guy she's been dating for more than two years is a catch and a half. Then Nico walks into Elle's office and everything changes -- for both of them.

Effective martial arts training, especially for a demanding sport like Muay Thai, requires a prudent training plan. In *Muay Thai Training Techniques*, professional trainer Christoph Delp shows amateur as well as advanced fighters how to best utilize their training time, whether at home or in the gym, alone or with a partner or coach. A comprehensive guide for Muay Thai fighters as well as those utilizing Muay Thai techniques in Mixed Martial Arts (MMA), *Muay Thai Training Techniques* teaches effective exercises to improve flexibility, stamina, and strength as well as basic fighting techniques such as feints, counters, and combinations. Muay Thai champions Saiyok Pumphanmuang and Kem Sitsongpeenong are featured, demonstrating their own training methods and most effective techniques. Training is broken down into core components that any Muay Thai fighter or instructor can use to help build an individual training plan; several ready-made, detailed training plans are also included for beginners, intermediate, and advanced practitioners. Rounded out with crucial information on nutrition, weight classes, and the importance of regeneration to effective training, *Muay Thai Training Techniques* will help all Muay Thai fighters to take their practice to the next level.

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

Matt Lucas' first collection, *The Boxer's Soliloquy*, explores the intricacies of Thailand's most famous martial art. Set against the squalor of Bangkok and in the sweaty confines of Muay Thai gyms, only gradually do these tales reveal their true intentions. These are fifteen stories about the ring, the ropes, the fighters, the smack of bodies against bodies, and the relationships in between.

Rootlines

Lonely Planet Thailand

Daily Motivation for Martial Artists and Warriors

Discover Ancient Thai Martial Arts

All Is Fair in Love and War

Brawler

It takes a certain kind of person to stand out from other mixed martial arts fighters as both a wild man and a rock star. Chris Leben, otherwise known as “The Crippler,” is that kind of person. His reputation started on the inaugural season of *The Ultimate Fighter*, a reality show where hopeful fighters vie for a UFC contract and a path to greatness. The world saw an out-of-control brawler with a penchant for destruction. But that was only half the story. From the slums of northwest Oregon, Leben has spent a lifetime coping with deep scars left by an absent father and ever-present struggles with alcoholism and drug abuse. He’s been in jail eleven times, including for going AWOL. During his ten-year career in ultimate fighting, Leben became one of the most recognized figures in the sport, enthraling audiences around the world with his wild, headfirst style of fighting as he took on some of the world’s best fighters, including Anderson Silva, Yoshihiro Akiyama, and Wanderlei Silva. *The Crippler* is not just an exciting account of his rise to prominence within the UFC; it’s the incredible story of a renowned wild man dealing with his personal demons and learning that the toughest opponent is always yourself.

Take a right hook to the heart with boxer Brick Kramarov as he falls for the last person he ever expected: a woman who avoids boxing like the plague. *Siskind's latest* is perfect for fans of Abby Jimenez and Christina Lauren.

Michael Goodison is a writer and a fighter, and in *Muay Thai: Peace, At Last*, he documents his travelling adventure to Thailand. Battling an ever-present disinterest with the western way of living, Michael throws off the shackles and dares to live, confronting killer cobras and conversing with Buddhist monks as he prepares for a professional fight in one of the most violent martial arts in the world: Muay Thai. From elephants lumbering along the lush mountainsides to the rowdy backpacking scene of northern Thailand, and culminating in an adrenaline-thumping confrontation, *Peace, At Last* is

escapism in its purest form, transporting the reader to a world of misadventure, intrigue, culture, and violence.

All men suck! They lie, cheat, and break women's hearts. I'd all but given up on relationships when I met Ethan Harlow, a drop-dead gorgeous boxer at Kidd's Gym. He was sexy, muscular, tattooed, and talented. So, I decided to give boxing - and men - one last try. My name is Jaz. I'm a boxer. This story is about my rise to fame, all the while doing the two things I enjoyed more than anything on earth. F*cking and fighting. Along the way, however, I found out everything there is to know about being loved. And my life will never be the same.

A Fighter's Heart

Muay Thai Training Exercises

Fight Like a Girl

The Fight

Born Fighter

The Warrior Ethos

Lonely Planet: The world's number one travel guide publisher* Lonely Planet's Thailand is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Learn to cook authentic Thai dishes in Chiang Mai, rock-climb the limestone karsts (or watch from the sugar-white beaches) of Railay, and trek through dense jungle and stay in tree-top bungalows in Kanchanaburi - all with your trusted travel companion. Get to the heart of Thailand and begin your journey now! Inside Lonely Planet's Thailand: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights provide a richer, more rewarding travel experience - covering history, people, music, landscapes, wildlife, cuisine, politics Covers Bangkok, Central Thailand, Ko Chang, Chiang Mai Province, Northern Thailand, Hua Hin, Southern Gulf, Ko Samui, Lower Gulf, Phuket, Andaman Coast The Perfect Choice: Lonely Planet's Thailand is our most comprehensive guide to Thailand, and is perfect for discovering both popular and offbeat experiences. Looking for just the highlights? Check out Pocket Bangkok and Pocket Phuket, our handy-sized guides featuring the best sights and experiences for a short visit. Looking for more extensive coverage? Check out Lonely Planet's

Thailand's Islands & Beaches and Bangkok guides for an in-depth look at all these regions have to offer. eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, video, 14 languages, nine international magazines, armchair and lifestyle books, ebooks, and more. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, 2015 and 2016 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) *Source: Nielsen BookScan: Australia, UK, USA, 5/2016-4/2017 Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Logan Rettino never imagined she'd fall so far. Dropped by her ex on national TV, she's gone from prima ballerina to ring card girl, reduced to revving up the crowds before MMA bouts. However distasteful she finds her new job, it pays well...and she needs the money if she's ever going to rebuild her life. Promised a huge bonus if she can convince a brooding, gifted welterweight to keep fighting, she'll do whatever it takes to earn his trust. Keane O'Shea is unbeatable in the octagon. A former marine, he fights with a ruthlessness no gym jockey can match. He knows his brutal strength is too much for the delicate ex-ballerina, regardless of how fascinating he finds Logan's tight dancer's body. But one private performance and he's drawn to her in a way he can't-or won't-resist. As Logan discovers the heartbreaking truth that lies beneath this handsome warrior's rage, she'll need to forfeit everything she thought mattered for the one thing that matters the most: saving Keane from himself. 89,000 words

Dead Drunk is the moving and powerful story of a teenager who lost himself to alcohol addiction after the breakdown of his parents' marriage. Paul Garrigan has written an honest (and often

darkly humorous) account of his alcoholism. His adventures took him from the quiet suburbs of Dublin to begging on the streets of London, getting paid to drink in Oxford, and swigging illegal booze in Saudi Arabia, before finally ending up in a remote Thai village where he fully succumbed to his addiction, and was determined to drink himself to death. While surfing the Internet one night he came across a highly unorthodox detox programme being offered by Buddhist monks, and in a last-ditch attempt at sobriety, he set out on what he was sure would be his strangest and most difficult journey yet. Dead Drunk is a story of redemption and of how one man found sobriety. It is a story of hope.

ERIK The white picket fence. The happily-ever-after. That life was never meant for him. For years he's been bouncing from city to city—from one cage fight to another. That's his outlet. That's pain Erik can control. But in Seattle, everything changed. River's an artist. He's a pretty boy. He does yoga. Someone so soft shouldn't be intrigued by Erik's rough edges. RIVER His life was quiet. He had a simple routine. Designing tattoos, avoiding drama. Well, mostly. Then Erik comes along—scarred and dangerous, shrouded in mystery. A mystery River can't resist trying to solve. Maybe a secret as dark as his own. Neither of them expected a relationship so complicated, so intense. Neither of them expected...each other. Erik and River are both trying to escape a shadowed past. But the thing about shadows is: the faster you run, the faster they chase you.

Inside the Mental Game

A Memoir

A Novel

Muay Thai Grit

War and Peace

The Fighter's Mind

The spirited chronicler of war, politics, sex, and modern life trains his wits and sights on the principles, promoters, and observers of the 1974 Ali-Forman championship boxing match held in Kinshasa, Zaire. Reprint. 12,500 first printing.

Be sure to check out IRON AMBITION: My Life with Cus D'Amato by Mike Tyson "Raw, powerful and disturbing—a head-spinning take on Mr. Tyson's life."—Wall Street Journal Philosopher, Broadway headliner, fighter, felon—Mike Tyson has defied stereotypes, expectations, and a lot of conventional

wisdom during his three decades in the public eye. Bullied as a boy in the toughest, poorest neighborhood in Brooklyn, Tyson grew up to become one of the most ferocious boxers of all time—and the youngest heavyweight champion ever. But his brilliance in the ring was often compromised by reckless behavior. Yet—even after hitting rock bottom—the man who once admitted being addicted “to everything” fought his way back, achieving triumphant success as an actor and newfound happiness and stability as a father and husband. Brutal, honest, raw, and often hilarious, Undisputed Truth is the singular journey of an inspiring American original.

Set in a war-torn Australia, where killer mercenaries and violent gangs rule the streets, a lone journalist embarks on an adventure to try to piece together a broken world. Fortune favours the lucky...

A Prayer Before Dawn is the true story of one man’s fight to survive inside Klong Prem Prison, the notorious Bangkok Hilton. Billy Moore travelled to Thailand to escape a life of drug addiction and alcoholism. He managed to overcome his inner demons for a time but relapsed after trying ya ba - a highly-addictive form of methamphetamine. Moore’s life quickly descended into chaos, drug dealing and violence until he was eventually arrested and imprisoned in Klong Prem, a place where life has no value. A Prayer Before Dawn is no ordinary prison memoir; it’s the story of one man’s struggle to survive in one of the world’s toughest prisons. It’s also a story of redemption in the most unlikely of places. Billy Moore was born in Liverpool, England. He has worked as a teacher, Muay Thai fighter and extra on film sets. Following his release from prison in Thailand, he returned to Britain where he now lives with his family. He is now working as a motivational speaker and a drugs counsellor.

Dead Drunk

A History of Women in Fighting Sports

From Finding a Gym to Competing at the Local Level

The Crippler

The Most Distinguished Art of Fighting

Muay Thai

***** Instant New York Times bestseller *** *** USA Today bestseller *** *** Wall Street Journal bestseller *** From legendary Brazilian Jiu-Jitsu and MMA master Rickson Gracie comes a riveting, insightful memoir that weaves together the story of Gracie’s stunning career with the larger history of the Gracie family dynasty and the founding of the**

Ultimate Fighting Championship, showing how the connection between mind and body can be harnessed for success both inside and outside the ring. Undefeated from the late 1970s through his final fight in the Tokyo Dome in 2000, Rickson Gracie amassed hundreds of victories in the street, on the mat, at the beach, and in the ring. He has joined the pantheon that includes Bruce Lee, Chuck Norris, and Jackie Chan as one of the most famous martial artists of the twentieth century. Jiu-Jitsu, the fighting style developed and pioneered by his family, has become one of the world's most prominent martial arts, and Vale Tudo, the "anything goes" style of Brazilian street fighting over which the Gracies had a monopoly, was an early precursor to the Ultimate Fighting Championship. Simply put, without the Gracie family, there would be no sport of "MMA," no 4-billion-dollar UFC empire, and no "Brazilian Jiu-Jitsu" at strip malls all across America. In *Breathe*, for the first time, Rickson reveals the full story of how his father and uncles came to develop Jiu-Jitsu, what it was like to grow up among several generations of world-renowned fighters from the Gracie clan, and the principles and skills that guided him to his undefeated record. From learning to assert himself on the streets of Rio to gaining fame and honor in Japan and emerging through heartbreaking tragedy, the martial arts master shares tales of overcoming challenges, extolling universal virtues and showing readers how pride and ego are the enemies of success. With never-before-seen photos and profound insights into the sport and way of life that only a studied legend can provide, *Breathe* is an entertaining and magnified view of an enduring legacy as well as an inspiring tale of weathering life's complexities and overcoming them with style and grace.

Women's fighting sports have a rich and storied history. As far back as the eighteenth century, female fighters battled at varying levels, from county fairs to elite events. With new opportunities to compete in legitimate arenas—from the Olympics and the Golden Gloves to wrestling tournaments and Ultimate Fighting Championships—women are now able to fight in ways their predecessors never could. And though women today still often face the same derision their predecessors faced, their fortitude and determination has earned them respect from much of the fighting community. In *She's a Knockout!: A History of Women in*

Fighting Sports, L.A. Jennings chronicles the stories of these strong and resilient women—including wrestlers, mixed martial arts competitors, and boxers—and the different issues they have encountered. Throughout the narrative, Jennings situates the stories of the female fighters in the culture of their time, revealing how women were often seen as objects of spectacle and ridicule before finally garnering admiration in the fighting world. The women featured in this book include England's "Championess" Elizabeth Stokes of the 1720s, American wrestler Cora Livingstone in the 1930s, and early MMA great Debi Purcell in the 2000s. Featuring historical and contemporary photographs and exclusive interviews with professional fighters, this book delivers an in-depth look into the struggles and triumphs of female fighters. Fans of fighting sports, sports historians, and those interested in the history of women in sports will find this a fascinating and illuminating read.

Muay Thai is renowned as a potent martial art as you strike with your hands, elbows, shins and knees. South African national Muay Thai champion offers a concise introduction to the martial art in this short handbook. The book includes values, techniques, tips and will add value to those new to the sport. Gorman hopes the book may inspire more people to take up the art form.

The Warrior Ethos is a daily motivational book for martial artists and warriors. There are 365 quotes, commentaries and affirmations, one for each day of the year! The reader can read the text for the day, spend some time reflecting on the meaning for him or her, and then use the affirmation during his or her meditation time. The foreword is written by the legendary martial artist, Sifu Al Dacascos. The Warrior Ethos is endorsed by some of today's most respected martial artists. In addition to the quotes, commentaries, and affirmations, there is an entire list of all the quotes used in the book, plus a very comprehensive index which makes it easy to find exactly what you are looking for. The Warrior Ethos is a book that will motivate and inspire you every day of the year. This book is literally packed full of wisdom! The martial arts and warrior philosophy will make you think and inspire you to live a better life. This is one book that EVERY martial artist should have in his or her library!

When Fighters Dance

Peace, at Last

Breathe

The Fighter's Way

How to Write Believable Fight Scenes

Meeting a Muay Boran Master

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.

On 24 November 2012, four-time World Champion boxer Ricky Hatton dropped to his knees, felled by a sickening punch to the body in his first comeback fight in almost three years. Gasping for breath, down and out, it was then that something extraordinary happened: 20,000 fans began to sing his name. Ricky Hatton: War and Peace is the story of one of British boxing's true icons. From a Manchester council estate to the bright lights of Las Vegas, Ricky Hatton experienced incredible highs in his career, including one of the greatest ever wins by a British boxer, over the IBF Light Welterweight champion Kostya Tszyu. But heavy defeats to two legends of the ring, Floyd Mayweather and Manny Pacquiao, brought him quickly down to earth to face a new set of battles against depression, drink and drugs. Written with his trademark honesty and wit, this is the inspiring story of a charismatic, funny, straight-talking fighter who boxing fans have always taken to their hearts; a man who has survived a lifetime of wars both in and out of the ring, and who only now is finding something close to peace.

A Dutch expert and Muay Thai trainer explains the history and meaning of the martial art, outlines moves from warm-ups through clinches and cool-downs, and provides training advice, including tips for women. Sound is an abstract concept for most people. We spend our lives blocking out the static in order to focus on what we believe is important. But what if, when the clarity fades into silence, it's the obscure background noise that you would give anything to hold on to? I've always been a fighter. With parents who barely managed to stay out of jail and two little brothers who narrowly avoided foster care, I became skilled at dodging the punches life threw at me. Growing up, I didn't have anything I could call my own, but from the moment I met Eliza Reynolds, she was always mine. I became utterly addicted to her and the escape from reality we provided each other. Throughout the years, she had boyfriends and I had girlfriends, but there wasn't a single night that I didn't hear her voice. You see, meeting the love of my life at age thirteen was never part of my plan. However, neither was gradually going deaf at the age of twenty-one. They both happened anyway. Now, I'm on the ropes during the toughest battles of my

life. Fighting for my career. Fighting the impending silence. Fighting for her. Every night, just before falling asleep, she sighs as a final conscious breath leaves her. I think that's the sound I'll miss the most.

Muay Thai The Art of Eight Limbs The Science of Nine

Fight Write

Knock Out

Muay Thai Handbook

Motivation

A Good True Thai

This is not just a "how-to" book, about Muay Thai but a "how and why we do" book. It contains the knowledge gained in over forty years of training with World famous Muay Thai Grandmasters. I have taken their teachings and combined it with my own experiences in the Thai arts to help explain why Muay Thai is still recognised as the ultimate stand-up fighting art. I also explain using modern frames of reference and Western science the original ancient teachings of Eastern Muay Thai. Striking methods are broken down in simple, easy-to-understand steps, or in "my Muay Thai principles" as I prefer to call them. Learn the A, B, C's of Muay Thai skills and the circles of attacking weapons, why the 45-degree triangle is so important in Muay Thai, and many more to help you get the most out of your Muay Thai training. These proven techniques and principles have helped countless fighters become champions. Ajahn Stu.

Follow Kev Scheepers' experience and take a deep dive into the ancient Thai martial art of Muay Boran. A martial art bred for unarmed combat in the field, Muay Boran is a highly adaptable and deeply traditional practice. On a search for a credible teacher, Kev traveled to Thailand and met Kru Saifon: a world-renowned Muay Boran master who imparts the skills of the practice in the most traditional sense. Through the knowledge gained during his time in training, Kev unpacks the history of the martial art, the techniques and their origins, and the many physical and mental health benefits of the ancient practice, in a unique and deeply informational insight into the art of Muay Boran.

Rikki and her sister, Linda, fell out with one another four months ago. They are not speaking when Linda emails that she has lethal abdominal tumors, that her only hope of survival is a total bone marrow replacement. Linda claims Rikki is too old to donate, and explains there's only a slight chance she is a good match anyway—but Rikki refuses to accept that. Despite the wounding between them, Linda's email ignites a wild aspiration in her sister: she will become

the perfect donor, the perfect match, with the healthiest, most vigorous cells possible. She rises with intent to heal herself, her sister, and their rootlines, the patterns formed in their family of origin that have quietly shaped their lives. Rikki walks through the science while confronting dogma that limits how mind can transform body. She builds herself into a stem cell factory using Muay Thai kickboxing and vegetarian nutrition. Working through childhood wounds and mental limits with meditation and yoga, she finds her own power, as well as ways to show up for Linda and walk with her from the edge of death to a new life. Together, the two sisters beat the lymphoma—and, as they rediscover the intimacy and love of their innocent childhood, heal the intertwined roots of their family pain.

Muay ThaiPeace, at LastCreatespace Independent Publishing Platform

A Prayer Before Dawn

The Boxer's Soliloquy

Undisputed Truth

One Man's Journey Through the World of Fighting

Stories Of An American Nak Muay

Cage Fighting and My Life on the Edge

The inspirational story of Ruqsana Begum, who overcame prejudice and illness to become a Muay Thai world champion

This is a collection of intimate and sometimes shocking conversations about motivation with twelve Brazilian Jiu-Jitsu black belts. The end result is twelve fascinating and unexpected stories about overcoming adversity and achieving success in life and Jiu-Jitsu. Jiu-Jitsu has often been used as a metaphor of life, but you can replace Jiu-Jitsu with any sport, business or ambitious pursuit - the lessons are universal. What drives ambitious people is often shaped by our subconscious mind. We are not always aware of the influences driving our behavior, but you will discover underlying themes which reveal answers to the following questions: *What drives highly successful people? *Are they born ambitious or is it learned? *What is common among extremely motivated people? *What lessons have they learned during their journey? *Were the sacrifices worth the rewards?

Kareena Thakkar's world is turned upside down when she learns she's landed an invitation to the US Open, which could lead to a spot on the first-ever Muay Thai Olympics team. To make it to the US Open, she has to come clean about being a Muay Thai fighter—a sport that her traditional Indian community deems too violent for

girls—and own her destiny.

Finalist for the 2020 Epigram Books Fiction Prize *In 1970s Thailand, three young people meet each other with fateful results. Det has just lost his mother, the granddaughter of a king. He clings to his best friend Chang, a smart boy from the slums, as they go to college; while there, Det falls for Lek, a Chinese immigrant with radical ideals. Longing for glory, Det journeys into his friends' political circles, and then into the Thai jungle to fight. During Thailand's most famous period of political and artistic openness, these three friends must reconcile their deep feelings for one another with the realities of perilous political revolution. Reader Reviews: "Epic in sweep but precise in its details, A Good True Thai shines on all fronts. Time and again, Sunisa Manning resists easy answers, reaching for nuance, for complexity, for truth. An astounding debut from a talented new voice."*

—Kirstin Chen, bestselling author of Bury What We Cannot Take "Sunisa Manning understands deeply and innately that politics is woven through the strongest and most ambitious fiction, just as it is through life itself."

—Rachel Kushner, Booker-shortlisted author of The Mars Room "The story of Thailand's democracy movement in the 1970s is almost unknown in the rest of the world, but Sunisa Manning insists on recapturing and preserving it in this beautiful and astonishing novel. Read and immerse yourself in a narrative that speaks so profoundly to the condition of Thailand, and the world, today." **—Jess Row, award-winning author of Your Face in Mine**

"Sunisa Manning brings to life a tortured, misunderstood nexus in the painful evolution of Thailand's democracy with immediacy and vividness, never losing her sharply-drawn characters in the labyrinth of history. Mingling narratives of insider and outsider in a terse, swiftly-moving style, she drags the past into the present, unveiling complex truths with a remarkable clarity of vision." **—SP Somtow, multi-award-winning author of Jasmine Nights**

"The 1970s leftist and anti-authoritarian protests that drive the characters in Manning's authentic and engaging novel are among the most important and controversial political events in modern Thai history. Frighteningly, the general context of conflicts that the novel covers is still very relevant today.

Foreigners who want to understand the long-lasting crisis in Thai society, and the complex psyche behind the famous 'Thai smile', should read this book." **—Prabda Yoon, award-winning author of The Sad Part Was**

Saving myself from alcoholism in a Thai monastery

She's a Knockout!

Conquering Muay Thai

A Nightmare in Thailand

My Story

Shadows You Left

The Reputation of Muay Thai as a ruthlessly effective martial art is second to none. The footwork of Muay Thai is at the foundation of what makes it such an effective and devastating martial art for stand-up striking. Did you know that no matter which weapon you throw - Punch, Kick, Teep, Knee or Elbow Strike - the power generation of your weapons ALWAYS starts from your feet? Muay Thai is a legacy of the Thai people and the power contained within this Thai Martial Art is retained and passed down through the deep wisdom contained within the Muay Thai curriculum itself. This book aims to simplify the Art of Muay Thai by breaking down the art into footwork movements anyone can learn. WHY FOOTWORK IS SO IMPORTANT FOR MUAY THAI The entire Muay Thai system of fighting is based on learning the footwork. Just like there are 26 letters in the English alphabet which are used to create words and sentences, there are 19 footwork movements of Muay Thai which are at the literal foundation of all the basic strikes, blocks, offensive combinations, and counter-attacks of Muay Thai. By reading this book, you will learn how these footwork movements are at the foundation of the Muay Thai fighting system and how to apply the footwork to your own fighting repertoire. +170 photos and diagrams for learning the art of Muay Thai - through the lens of the Footwork. The Art of Muay Thai - Decoded! The most basic and advanced Authentic Muay Thai techniques, all learned from the perspective of the footwork - step sequences that anybody can learn and understand - child or adult! Learn what 'Chawk' footwork is, and how Thai fighter's use this evasive footwork to neutralize their opponents attacks to set-up up their own counter-attack. Learn the difference in how to generate power for your elbow strikes when stepping forward vs. throwing the elbows in place. Improve your Fighting Intelligence. Learn how to think about the game of Muay Thai - in terms of rhythm, broken down into series of step sequences. Learn the origin and history of Muay Thai and the cultural aspects hidden with the names of the Muay Thai techniques, drawing upon the imagination and culture of the Thai people to preserve the Art. Who This Book is For This book aims to simplify the art of Muay Thai for English speaking students who are looking for more than how to just kick or punch, but really looking to expand their knowledge of the art to a Deeper Level. If you've been training Muay Thai for a while, nothing in this book is new or revolutionary. It discusses all of the basic weapons, footwork movements, blocks, catches, parrys, offensive combinations, and higher level counter-techniques - through the lens of the Footwork. You might be someone who has reached an intermediate level of Muay Thai and searching to improve your sparring game. This book will open your mind to the various steps at the disposal of a Muay Thai fighter, allowing you to think new possibilities you can set-up off your footwork. You might be a Muay Thai instructor looking for an effective method for teaching the art of Muay Thai to your students. Reading this book will help you teach by helping you to crystallize the basic concepts of Muay Thai in clear and concise language that will work for beginners. Or if you are

new to Muay Thai, this book will give you that mental edge in training to really improve your fight intelligence from the start, so that you can learn quicker and spend less time figuring out the nuances of this rich and mystifying art.

Learn the basics of Muay Thai from the successful owner of a Muay Thai gym. Chris Aboy was bullied as a kid. When he met a neighbor who practiced a martial art, Chris knew he wanted to become a fighter. By the age of 15, he was winning every point fight he was in. So he was overconfident the first time he fought with full contact in an unsanctioned amateur fight. He got his ass kicked. At that moment, he realized fighting is all about what's in your head—your mentality. Whether you want to learn Muay Thai to build confidence and fight off bullies, get fit, or just learn a new skill, you'll learn the basics of this centuries-old martial art from an "insider" who has spent years refining his skills. Here are just some of the important topics Kru Chris reveals in *Conquering Muay Thai*: -How to choose a Muay Thai instructor and gym-What to focus on as you begin training-Why sparring is the best way to build your skills-What the goal should be for every Muay Thai student (Hint: it's not going pro!)-How to know when you're ready to fight-And much more!

Whether a side-street skirmish or an all-out war, fight scenes bring action to the pages of every kind of fiction. But a poorly done or unbelievable fight scene can ruin a great book in an instant. In *Fight Write* you'll learn practical tips, terminology, and the science behind crafting realistic fight scenes for your fiction. Broken up into "Rounds," trained fighter and writer Carla Hoch guides you through the many factors you'll need to consider when developing battles and brawls. • In Round 1, you will consider how the Who, When, Where, and Why questions affect what type of fight scene you want to craft. • Round 2 delves into the human factors of biology (think fight or flight and adrenaline) and psychology (aggression and response to injuring or killing another person). • Round 3 explores different fighting styles that are appropriate for different situations: How would a character fight from a prone position versus being attacked in the street? What is the vocabulary used to describe these styles? • Round 4 considers weaponry and will guide you to select the best weapon for your characters, including nontraditional weapons of opportunity, while also thinking about the nitty-gritty details of using them. • In Round 5, you'll learn how to accurately describe realistic injuries sustained from the fights and certain weapons, and what kind of injuries will kill a character or render them unable to fight further. By taking into account where your character is in the world, when in history the fight is happening, what the character's motivation for fighting is, and much more, you'll be able to write fight scenes unique to your plot and characters, all while satisfying your reader's discerning eye.

Award-winning thriller writer Sheena Kamal delivers a kick-ass debut YA novel about a teenage kick-boxer coming to terms with her father passing away. Love and violence. In some families they're bound up together, dysfunctional and poisonous, passed from generation to generation like eye color or a quirk of

smile. Trisha's trying to break the chain, channeling her violent impulses into Muay Thai kickboxing, an unlikely sport for a slightly built girl of Trinidadian descent. Her father comes and goes as he pleases, his presence adding a layer of tension to the Toronto east-end townhouse that Trisha and her mom call home, every punch he lands on her mother carving itself indelibly into Trisha's mind. Until the night he wanders out drunk in front of the car Trisha is driving, practicing on her learner's permit, her mother in the passenger seat. Her father is killed, and her mother seems strangely at peace. Lighter, somehow. Trisha doesn't know exactly what happened that night, but she's afraid it's going to happen again. Her mom has a new man in her life and the patterns, they are repeating.

Worth the Fight

The Secret to Learning the Art of 8 Limbs

Stories on Life and Success from Brazilian Jiu-Jitsu Black Belts

The Ultimate Guide to Fitness, Strength, and Fight Preparation

A Life in Flow