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The Fighter's Mind

Sam Sheridan

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The Fighter's Mind

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The Fighter's Mind Sam Sheridan
In his acclaimed national best seller, *A Fighter's Heart*, Sam Sheridan took readers with him as he stepped through the ropes into the dangerous world of professional fighting. From a muay Thai bout in Bangkok to Rio, where he trained with jiu-jitsu royalty, to Iowa, where he matched up against the toughest in MMA, Sheridan threw himself into a quest to understand how and why we fight. In *The Fighter's Mind*, Sheridan does for the brain what his first book did for the body. To uncover the secrets of mental strength and success, Sheridan interviewed dozens of the world's most fascinating and dangerous men, including celebrated trainers Freddie Roach and Greg Jackson; champion fighters Randy Couture, Frank Shamrock, and Marcelo Garcia; ultrarunner David Horton; legendary wrestler Dan Gable, and many more. What are their secrets? How do they stay committed through years of training, craft a game plan, and adjust to the realities of the ring? How do they project strength when weak, and remain mentally tough despite incredible physical pain? A fascinating book, bursting at the seams with incredible stories and insight, *The Fighter's Mind* answers these questions and many more.

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