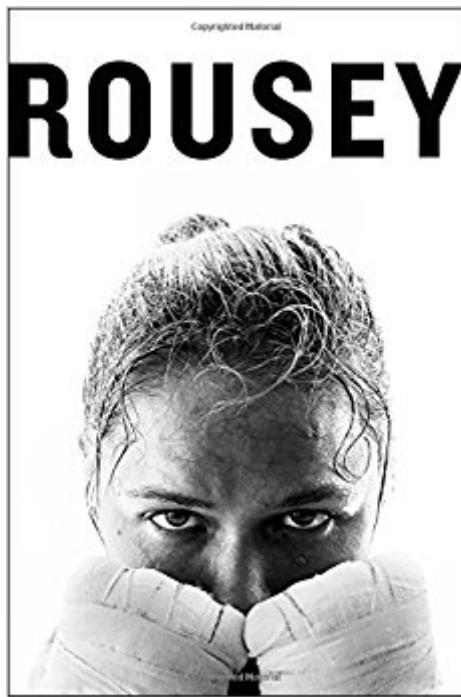


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# My Fight / Your Fight



## Synopsis

THE ONLY OFFICIAL RONDA ROUSEY BOOK âœThe fight is yours to win.â • In this inspiring and moving book, Ronda Rousey, the Olympic medalist in judo, reigning UFC women's bantamweight champion, and Hollywood star charts her difficult path to glory. Â Marked by her signature charm, barbed wit, and undeniable power, Rousey's account of the toughest fights of her lifeâ "in and outside the Octagonâ "reveals the painful loss of her father when she was eight years old, the intensity of her judo training, her battles with love, her meteoric rise to fame, the secret behind her undefeated UFC record, and what it takes to become the toughest woman on Earth. Rousey shares hard-won lessons on how to be the best at what you do, including how to find fulfillment in the sacrifices, how to turn limitations into opportunities, and how to be the best on your worst day. Packed with raw emotion, drama, and wisdom, this is an unforgettable book by one of the most remarkable women in the world. Â

## Book Information

Hardcover: 320 pages

Publisher: Regan Arts.; First Edition edition (May 12, 2015)

Language: English

ISBN-10: 1941393268

ISBN-13: 978-1941393260

Product Dimensions: 6 x 1.3 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (1,008 customer reviews)

Best Sellers Rank: #30,175 in Books (See Top 100 in Books) #4 inÂ Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts #4 inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #37 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts

## Customer Reviews

I remember it like it was yesterday and I was a "Rowdy" Ronda Rousey hater. As a longtime mma fan I never believed female mma fighters deserved to be in the UFC because their skill and fighting spirit paled in comparison to men's and I felt that way with Rousey too. Each opponent she would face I would dismiss them both as lacking skill and undeserving of being in the most elite mma company in the world (the UFC [Ultimate Fighting Championship]). I would boo Ronda as I watched her fight at the local Buffalo Wild Wings and think to myself this woman is a one trick pony and she

will be beaten once that trick doesn't work. Disappointment would fill me as she would win over and over again and I thought to myself maybe one day she won't. It wasn't until UFC 175 that she opened my eyes and made me realize that I was letting my bias towards her blind my logical reasoning. She would co-main event against fellow bantamweight Alexis Davis and defeated her dominantly by KO through the combination of an overhand right, a judo throw, and punches from hell once they hit the deck. It was then that I knew she was different, she wasn't a one trick pony but a once in a lifetime athlete who transcends the sport and reaches the mainstream through her absolute dominance of her competition. Then I asked myself how is she so great? How does she make it look so easy? And why does everyone including Hollywood want to be associated with Ronda Rousey? I scoured a few articles and read that she was a hard worker and a former olympian medal winner so maybe I thought that is why she is better than everyone and let it be believing I solved it. Unbeknownst to me she had a book coming out today that I only found out about yesterday.

I read this amazing book in sixteen hours and I can't not begin with a word: EPIC! This book is a memoir of the UFC Women's bantamweight champion and bronze medalist in Judo at the 2008 Olympics (the first woman in US history ...) "Rowdy" Ronda Rousey. The girl's life was marked by the birth, after being born with the umbilical cord around her neck, she had communication problems. She couldn't utter a word, and up to six years had major problems to communicate with everyone. Her family has supported her with all their heart and the knowledge that she was not a *œsome fâ | moronâ* • but she needed only a little time to recover everything. She has always been a fighter; she started fighting right from her birth. Another important event of her life hit her so hard: her father's death. After a silly accident, Ronald Rousey was hospitalized for a rare syndrome called Bernard-Soulier syndrome. The father committed suicide after learning that he would become a paraplegic. Ronda's changed forever since that moment. I found moving that period prior the funeral. Ronda's tears were also mine; I felt the same emotion of the girl in this book. Definitely the most exciting moment. I don't want to "spoil" the rest, it is right that you read and be moved as I did. I cried three times! Obviously the book is divided into two great well defined parts: the Judo part until the 2008 Olympics, and then the beginning of her MMA career. In addition to her life described in a sublime way (as her romances with funny nicknames for each ex, her disappointments, her feelings etc.) also Ronda can provide inspiration to millions of women and men who love martial arts and combat sports but also for those who want to break down the barriers of prejudice and hypocrisy.

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