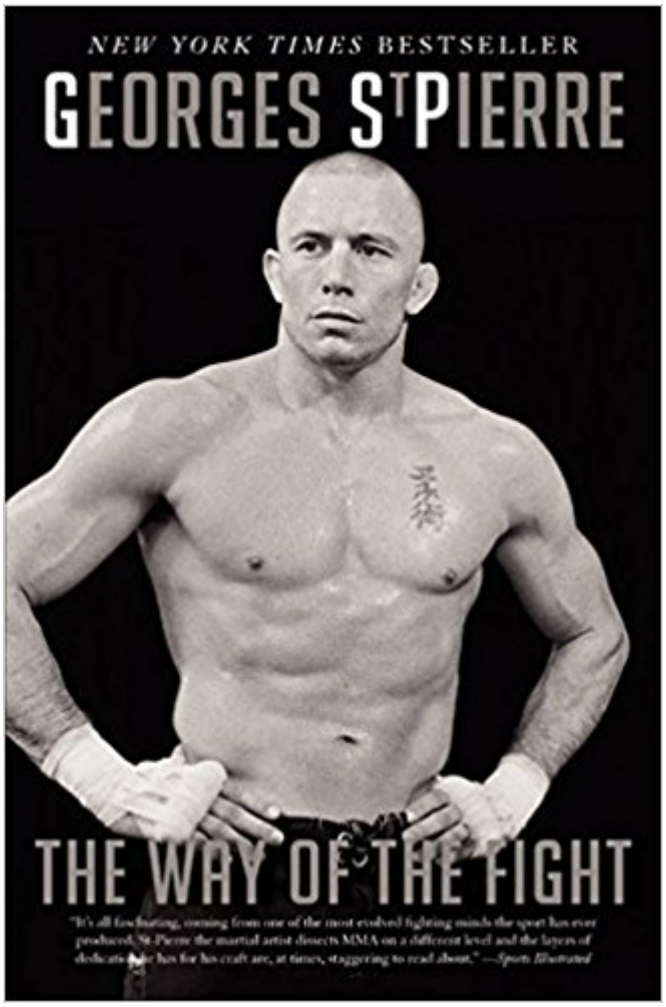
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The Way Of The Fight



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Synopsis

UFC fighter, Georges Ã¢â ¬Å“RushÃ¢â ¬Â• St. Pierre, shares the lessons he learned on his way to the top, in The Way of the Fight, revealing how he overcame bullying and injury to become an internationally celebrated athlete and champion.The reigning UFC welterweight champion, St. Pierre seemed untouchable until injury derailed him and jeopardized his title and his career. Determined to make his comeback,Ã Â he embarked on a careful regimen of physical therapy. He alsoÃ Â used thisÃ Â healing period to assess his life, where he's been, what he's achieved, where he wants to go, and and lessons that helped shape who he is.In The Way of the Fight, Canadian championship fighter St. Pierre invites fans into the circle of his life, sharingÃ Â his most closely guarded memories. A compelling memoir that offers anÃ Â intimate, gritty look at a fighterÃ¢â ¬â„¢s journey, told through inspiring vignettes, GSP isÃ Â a movingÃ Â account of commitmentÃ Â and power, achievement and pain, dedication and conviction from one of the world's greatest champions.

Book Information

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Customer Reviews

Ã¢â ¬Å“Like St-Pierre, this book is part philosophical, part scientific, part business-tutorial and even part self-help, with carefully selected pieces of the fighterÃ¢â ¬â„¢s personal story interwoven throughout. ItÃ¢â ¬â„¢s all fascinating, coming from one of the most evolved fighting minds the sport has ever produced.Ã¢â ¬Â• (SportsIllustrated.com)Ã¢â ¬Å“The Way of the Fight delivers a great deal . . . part biography, part self-help, part philosophy. It is a book that, read in the right

manner, teaches more than it tells.Ã¢â ¬Â• (Bleacher Report)Ã¢â ¬Å“An interesting view into the psyche of an athlete . . . the most insightful view to date of a fighter and person that has not only dominated his sport, but has been one of the foundational figures bridging the gap between MMAÃ¢â ¬â„¢s community and the greater mainstream sports audience.Ã¢â ¬Â• (Sherdog)Ã¢â ¬Å“This is an outstanding book . . . at the heart of it The Way of the Fight is about setting and achieving goals, and what it takes to overcome obstacles to become your most successful self. . . I highly recommend The Way of the Fight.Ã¢â ¬Â• (New York Times bestselling author Tami Hoag)Ã¢â ¬Å“GSP the warrior reveals himself. The Way of the Fight is the way of his life. ItÃ¢â ¬â„¢s about the process of Georges St-Pierre, who came from nowhere to become an international icon.Ã¢â ¬â„¢Ã¢â ¬â„¢ (Diane SauvÃƒÂ©, Radio-Canada)

ThereÃ¢â ¬â„¢s more to winning battles than fists and feetFor world-renowned professional fighter Georges St-Pierre, the greatest asset is not physical strength or athleticismÃ¢â ¬â •itÃ¢â ¬â„¢s a sense of purpose. From his beginnings as a small, mercilessly 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.GeorgesÃ¢â ¬â„¢s story is interwoven with fascinating insights from those who know him best: his mother, who tells of his drive to master new skills, even as a child. His mentor Kristof Midoux, who describes a young fighter with an extraordinary sense of discipline. His Brazilian Jiu-Jitsu teacher John Danaher, who witnessed the development of an indomitable work ethic. His coach Firas Zahabi, who worked alongside the champion through a potentially career-ending injury. And his longtime friend, training partner and manager, Rodolphe Beaulieu, who may understand this intensely focused athlete more than anyone.The Way of the Fight is an inspirational look into the mindset of a master. To Georges, all life is competition, and thereÃ¢â ¬â„¢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 assuredÃ¢â ¬â •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.

I never heard of GPS before the book. Although I enjoy watching once in awhile MMA, I am not a

serious fan. I picked it up at the bookstore and read the first few pages and I was impressed with his concepts and he quoted Plato.My takeaway is that once he decided to become world champion in MMA nothing will stop him; from traveling to New York at 17-to stopping his car in the middle of the road and running to his idol a former MMA fighter and asking him if he could mentor him. What impressed me what his smarts, his discipline and perservance .There are many quotes that I highlighted everyone from his mentor, to his head coach(I know I never heard of a head coach) and people he worked with.He said I work with my strengths and hire my weaknesses. In a world of uncertainty, stack the odds in your favor. Be willing to suffer short term pain for long time benefit.Georges is not a specialist like an excellent boxer or wrestler but he is good in everything enough to being a champion three times. He financially savvy creating a brand GPS for sponsorship enough to say he has enough money to last his the rest of his life. Smart guy.

Lately I admit GSPs fights haven't been the most exciting but despite that it's hard to deny the man is one of the pound for pound fighters alive today. I decided to give his book a shot being stuck home sick and was pleasently suprised at all the personal info and reflection GSP shares about himself and his craft. Each chapter is done with an important character in his life Mom/Coach/Trainer etc and the book is done in a unique way I've never see before. If your a GSP fan or just interested in the mindset of a champion and someone who never gave up on there dreams this is a great purchase.

Let me say up front that I am a GSP fan and have been for a long time. So, with that background, my review is probably biased. Nevertheless, this book is not only a biography of GSP, but an instruction manual for managing fear, setting goals and finding motivation for when you think you are at the end of the road. It is also a moving story about the importance of being honest with yourself about your weaknesses and being humble enough to find mentors who are better than you -- and who will be brutally honest about your progress, or lack thereof. I was surprised to read about the many setbacks and difficult situations that GSP faced, from childhood through defending championships. Each time, GSP strategically found someone who was willing to ignore the fame and show him exactly where he was weak and/or failing. I am still surprised at the way GSP continually finds motivation to work on his weaknesses so relentlessly and strategically.More generally, this book is about martial arts, the evolution of MMA and a lifestyle committed to constant improvement.I highly recommend this book to anyone wanting to know more about GSP or improving their martial arts. Beyond that, I highly recommend this book to anyone wanting to

understand how to better manage fear, how to come back from failures and how to achieve your dreams.

I've admired GSP for a long time, ever since he fought BJ Penn in their first bout in 2006. I knew this man was something special from the moment I saw him fight--a man who undoubtedly stood out from the rest of the elites due to the purity of his movements, poise, and control.What can I say about this man that hasn't already been said? He is the embodiment of hard work, discipline, integrity, sacrifice, love, loyalty, hope...essentially a prototype of what a hero stands for. That's not to say he doesn't have his faults, fears, and demons...because he does. This book dispels the myth that GSP is some sort of God-gifted athlete who was born to be the champ that he is today. Instead, it shares with you as to how and why he became one of the most feared fighters on the planet...through all the qualities that make humans great, and then some. The amount of pain he endures to be the best physically, mentally, and emotionally is extraordinary in every sense of the word...it's almost inhuman, but I digress.We all want to set the bar high so when we reach them, victory is all the sweeter. It can be argued that GSP, however, sets the bar to heights that no man has, or will, ever reach...but as readers we have the opportunity to move our bar higher after reading about men like 'Rush', so that's a huge bonus for us :)In short, this is a great book detailing the philosophy behind GSP, and all the heartaches one suffers in order to achieve greatness. Read it, and you won't regret it.PS: I also recommend Brian Stann's book, 'Heart for the Fight' if you are hoping to read an introspective look at some of the most absorbing and fascinating MMA athletes we have today.

This is an outstanding book whether you are involved in the sports world or not. While it is autobiographical, telling GSP's personal story through his voice and the voices of the key people in his life, at the heart of it, THE WAY OF THE FIGHT is about setting and achieving goals, and what it takes to overcome obstacles to become your most successful self. St-Pierre's perspective as a true martial artist (in his way of being as well as by profession) is unique, and his candor is admirable and refreshing. And his dedication to the ongoing battle against bullying speaks to the quality human being he is. I highly recommend THE WAY OF THE FIGHT.--New York Times Bestselling Author, Tami Hoag

I try to read as many good books as possible, there are some that are so good that you cannot put them down. And then there are other books that you force yourself to put down so that you do not

finish them too fast! The Way of the Fight is that kind of book. From cover to cover this book is solid and will drive you to re-discover the passion and edge that turned you from a fearful bystander as a youth to the leader that you are (or think you are) today. If, with the passing years, you have lost touch with energy and desire that used to get you up at 4:30am to practice shooting drills in high school, this book will help you find it..... trust me. This book is bigger than GSP,the world champ, and that was his objective. Mission Accomplished!

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