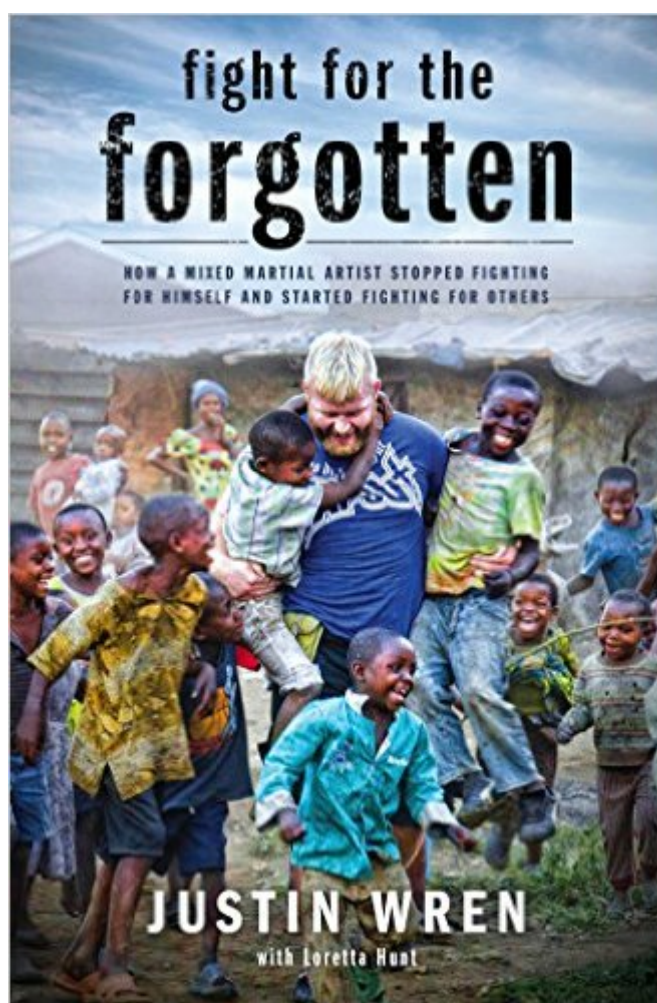


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# Fight For The Forgotten: How A Mixed Martial Artist Stopped Fighting For Himself And Started Fighting For Others



## Synopsis

From notable mixed martial artist and UFC fighter, Justin Wren, comes a personal account of faith, redemption, empowerment, and overwhelming love as one man sets out on an international mission to fight for those who can't fight for themselves. Justin Wren knows what it's like to feel like the world is against you. Like many kids, Justin was bullied as a child, but had a dream that kept him going. Fueled by the anger he felt toward his tormenters, Justin trained hard and propelled his dream of becoming a UFC fighter into reality. But the pain from his childhood didn't dissipate and Justin fell into a spiral of depression and addiction, leading him on a path toward destruction. After getting kicked out of his training community, his career was in shambles and he had nowhere else to go, so Justin attended a men's retreat, and it was there he found God. As Justin began piecing his life back together, he joined several international mission trips that opened his eyes and his heart to a world filled with suffering deep in the jungle of the Democratic Republic of Congo. There he came across the Mbuti Pygmy tribe, a group of people persecuted by neighboring tribes and forced into slavery. His encounter with the Pygmy tribe left him wondering who was there to help them and in that moment Justin stepped out of the ring and into a fight for the forgotten. From cage fighter to freedom fighter, Justin's story is a deeply personal memoir with a bigger message about a quest, justice, and the amazing things that can happen when we relinquish our lives to God.

## Book Information

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## Customer Reviews

Justin Wren is a mountain of a man, but his enormous frame can barely contain his heart. In what can best be described as a memoir-laced love letter to a persecuted class of Congolese people, *Fight for the Forgotten* is equal parts savage heartbreak, God worship and anthem-worthy third world success. From the depths of drug abuse to the height of personal purpose, Wren creates a story that reads like fiction, but is all too real. Almost everyone has heard of African pygmys, but almost no one knows of their slave oppressors, brutal working conditions, horrible life expectancy, or the plight of their rapidly diminishing heritage. Wren received direction from God and followed his heart. The result is a human perspective on the ground in one of the most inhospitable and wretchedly poor places on Earth. In his fight to give these poor souls a voice and a purpose, Wren has finally found a war worth waging.

Justin's story is simply amazing. Period. His love for the unloved and desire to shine light into the darkest of places is contagious and has inspired countless MMA fans with whom he regularly interacts with over on the Underground ([mixedmartialarts.com](http://mixedmartialarts.com)). As a result, even those who are openly hostile to the Christian faith still respect and admire Justin and support what he's doing among his Pygmy family. They do so because they see that, as Justin describes in the book, his relationship with God is the core of who he is and there is nothing inauthentic or phony about it. The book does a great job of keeping the focus on how Justin went from being a shy and bullied kid, to a full-time MMA fighter, to a drugged-out depressed shell of a man...and then how he was transformed by the Love of God in order to be a conduit for the love of God in the lives of some of the most oppressed and brutalized people on earth--the Pygmies of the Congo. As you follow along with Justin's story, you will realize that there ARE some things truly worth "fighting" for...and they have names and smiles and warmth and knowledge to share with us all. Buy this book. Read it. Share it. And be inspired.

What an awesome book! Not all great stories translate into great books.....but this one is absolutely does! It does a great job of going back and forth from his former "fights" (both in and out of the cage) to his current "fight", one where he is fighting for an entire population of people. I can't agree more with Adrian Ramirez when he says Justin's story "inspires me to be a better human being." This one deserves more than 5 stars.

I was turned on to Justin Wren through Joe Rogan's podcast. I can honestly say the episodes with Justin are some of my favorites. His story is so inspiring and beautiful. I immediately bought this

book when I heard about it with absolutely no hesitation. This book was a much different view of the stories told on the podcast, in my opinion, on top of all the life events leading up to his journeys to the Congo. I dove into this book not realizing it would share so much about Justin's relationship with God. Once I got to reading, I was iffy as my own relationship with God was much like his (non-existent) in the beginning of the book. It has opened my heart to not only the Pygmies but to God also. I can't wait to share the story and give the Pygmies a voice :')

Sat down today (9/20) and read the entire book. It is an AMAZING book. Such a wonderful story about how God works in our lives, if we would just listen to Him. You are doing amazing work. Congratulations. Thank you for your testimony. Everyone needs to read this book. Not to just learn about the Pygmies in the Congo, and what you have done there, but how we need to love God and open our life to Him.

Incredible read-- incredible story. Anyone that wants to hear a story of redemption, love, kindness, forgiveness, joy | should read this book. Its not only about Justin and his life, but the life of hundreds of forgotten in the African Congo. This is a must read -I couldn't put it down.

Our family has lived in the Congo when it was known as Zaire and did get to know the Congolese people and we are able to appreciate what Justin is doing to greatly help and form precious relationships with the people God has led him to minister to who are in great need. Thank you Justin for pouring yourself out for this special people group and for acquainting us with your story that hopefully will inspire others to act along with you.

This story is well written and heart warming/ heart wrenching. The work that Justin is doing is WONDERFUL. I have heard interviews with him and he is such a great guy that truly believes in his purpose. Wonderful story and wonderful person, thank you Justin.

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