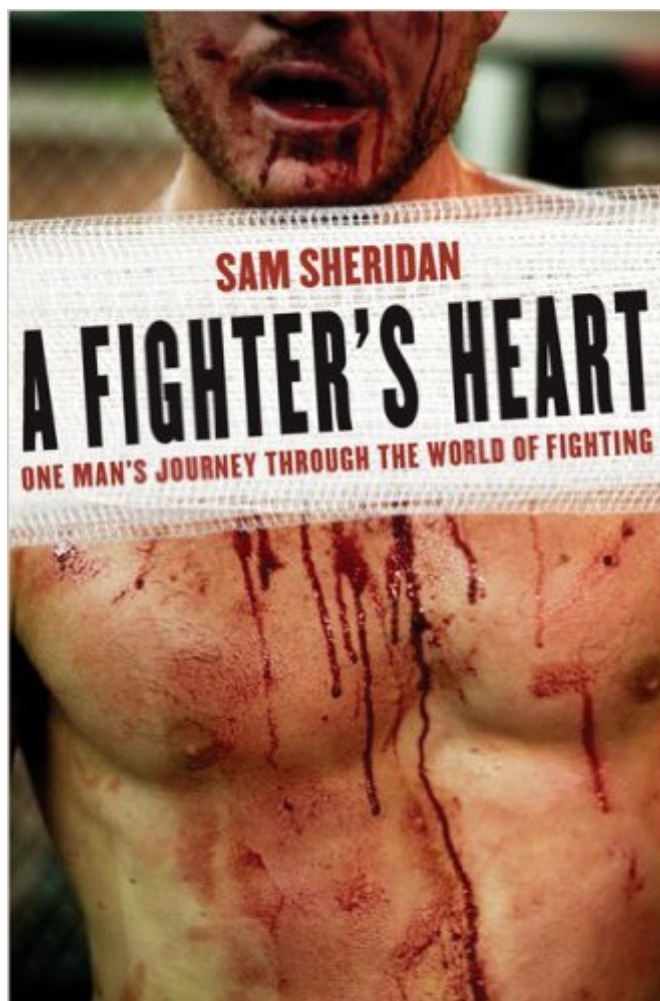


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# A Fighter's Heart: One Man's Journey Through The World Of Fighting



## Synopsis

In 1999, after a series of wildly adventurous jobs around the world, Sam Sheridan found himself in Australia, loaded with cash and intent on not working until heâ€™d spent it all. It occurred to him that, without distractions, he could finally indulge a long-dormant obsession: fighting. Within a year, he was in Bangkok training with the greatest fighter in muay Thai (Thai kickboxing) history and stepping through the ropes for a professional bout. That one fight wasnâ€™t enough. Sheridan set out to test himself on an epic journey into how and why we fight, facing Olympic boxers, Brazilian jiu-jitsu stars, and Ultimate Fighting champions. Along the way, Sheridan delivers an insightful look at violence as a career and a spectator sport, a behind-the-pageantry glimpse of athletes at the top of their terrifying game. An extraordinary combination of gonzo journalism and participatory sports writing, *A Fighterâ€™s Heart* is a dizzying first-hand account of what itâ€™s like to reach the peak of finely disciplined personal aggression, to hit and be hit.

## Book Information

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## Customer Reviews

I've often wondered why I'm driven towards karate and boxing. Based on Sam Sheridan's fine book "A Fighter's Heart," it seems I'm testing my gameness, enjoying purity of purpose, and examining my life and motives (and at 40, I may have also fallen short developmentally somewhere along the line). On the surface, Mr. Sheridan doesn't appear to be the fighting type. He grew up in a relatively stable family situation, attended Harvard, and likes to write. But he clearly wanted more excitement from life than cranking out human interest articles at the local bistro. Instead, he joined the Merchant

Marines, got into wilderness firefighting, and along the way was bit hard by the fighting bug. To indulge and understand his compulsion, the author traveled the world to try his mettle in various full-contact martial arts: Muay Thai in Thailand, MMA in Iowa, jiu-jitsu in Brazil, and boxing in California. In addition to testing himself in these potentially harmful venues, he also wanted to seek out other seasoned fighters and trainers for mentoring and instruction. He even checked out animal fighting and action movie stunt work to broaden his perspectives. Finally, Mr. Sheridan concludes his book with an analysis of why humans fight. I found his detours into the more obscure aspects of fighting quite interesting. For example, he briefly explores the internal arts by studying under a Tai Chi master and engaging in Buddhist meditation at a Thai retreat center. These segues rewarded him with a greater understanding of body mechanics and a sharper mental focus. He even discovered commonalities between the various martial arts, such as the relationship between shadow boxing and kata. Mr.

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