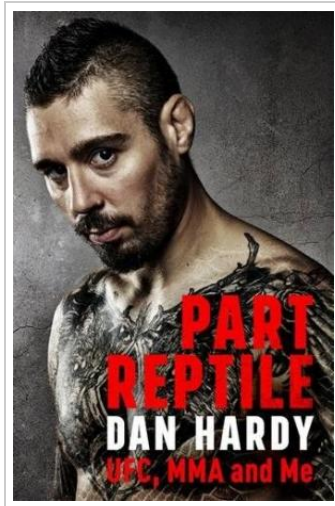




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Part Reptile: UFC, MMA and Me (Paperback)

By Dan Hardy

Headline Publishing Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. For fans of Ronda Rousey's My Fight Your Fight and John Kavanagh's Win or Learn comes the first book from UFC fighter and now analyst Dan Hardy, who will lift the lid on his own career, give his views on other MMA competitors such as Conor McGregor, Michael Bisping, Georges St-Pierre, Nate Diaz and Amanda Nunes, and discuss just what it takes to compete in the most brutal and competitive sport in the world. Dan Hardy's first book is much more than a straightforward MMA autobiography. Taking the key fights from his career, Hardy explores the sport with the unparalleled insight which has made him the best analyst working today. From training in China with Shaolin monks, to how MMA helped him channel his rage, to psychedelic drugs and the ceremony in Peru that changed his life, to tapping into his reptilian brain and the psychological warfare of UFC, to his epic title fight with Georges St-Pierre and the dark side of the sport, no stone is left unturned. Hardy also speaks eloquently of the heart condition that forced him to stop fighting, the...

Reviews

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