



A Fighter's Heart: One Man's Journey Through the World of Fighting

By Sam Sheridan

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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 he'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 wasn'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 Fighter's Heart* is a dizzying first-hand account of what it's like to reach the peak of finely disciplined personal aggression, to hit—and be hit.

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Editorial Review

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Sheridan joined the merchant marines after high school, eventually graduated from Harvard, and worked his way to Australia on a yacht. There, in 1999, he decided to indulge his fascination with fighting, hoping to test himself and explore what has become a mostly sublimated aspect of masculinity. After some months of training in Australia, he moved to Bangkok to train with a legendary Muay Thai (kickboxing) champion. That experience--and his first professional bout--expanded into a multiyear odyssey in which he trained with Olympic boxers, Brazilian jujitsu champions, and Ultimate Fighting combatants. The magic in his account is in the telling detail--not only about how he suffers, trains, and fights but also about his reactions to his surroundings; the way, for example, he finds himself gradually becoming indifferent to the street orphans of Brazil, desensitized by their very omnipresence. It isn't Sheridan's toughness or fearlessness that makes this an involving excursion into a shadow world; it's his ability to re-create the textures of those shadows and to make us care about his oddly quixotic journey. *Wes Lukowsky*

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Review

“[An] excellent book.” —BoxingScene.com

About the Author

Sam Sheridan joined the US Merchant Marines after high school and then attended Harvard College. He has written for Men's Journal and Newsweek. This is his first book.

Users Review

From reader reviews:

Kathryn Hill:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Might be reading a book is usually option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try look for book, may be the e-book untitled A Fighter's Heart: One Man's Journey Through the World of Fighting can be fine book to read. May be it is usually best activity to you.

Arthur Mead:

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Doris Trumbull:

A Fighter's Heart: One Man's Journey Through the World of Fighting can be one of your beginner books that are good idea. Most of us recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to put every word into joy arrangement in writing *A Fighter's Heart: One Man's Journey Through the World of Fighting* but doesn't forget the main position, giving the reader the hottest along with based confirm resource data that maybe you can be certainly one of it. This great information can certainly drawn you into brand-new stage of crucial pondering.

Lois Schooley:

Is it you actually who having spare time then spend it whole day through watching television programs or just resting on the bed? Do you need something new? This *A Fighter's Heart: One Man's Journey Through the World of Fighting* can be the answer, oh how comes? The new book you know. You are therefore out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these guides have than the others?

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