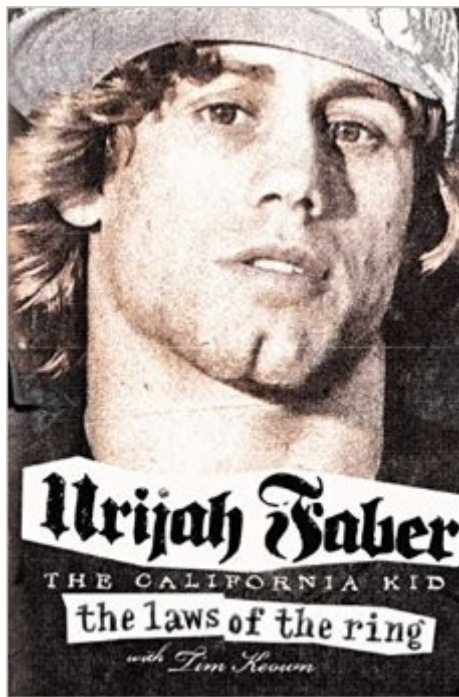


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# The Laws Of The Ring



## Synopsis

• The California Kid, • Mixed Martial Arts pioneer and former featherweight champ in World Extreme Cagefighting, Urijah Faber offers an unconventional and enlightening guide to mental dominance and personal success. The Laws of the Ring combines the wisdom of Robert Greene's The 48 Laws of Power, the Eastern philosophy of the Sun Tzu classic The Art of War, and the humor of Got Fight? by Ultimate Fighting champion Forrest Griffin. The Laws of the Ring is, at once, a celebration of physical and mental toughness, a serious reflection on success and failure, a colorful account of Faber's rise to greatness, and a fascinating look at life inside the cage.

## Book Information

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## Customer Reviews

By now, it has become almost standard for mixed martial artists at the top of their game to pen a book. The bookshelves start to groan under the weight of first-person autobiographies by the likes of B.J. Penn, Matt Hughes, Brock Lesnar, Randy Couture, Jens Pulver, Brian Stann and others. Add to that list "The Laws of the Ring" by Urijah Faber, a/k/a "The California Kid." Having read most all of the MMA autobiographies available, I can say that Faber's book stands out. Faber offers more than the conventional "I fought this guy, then I fought that guy" type of narrative. He does mention some of the fights in his career, particularly the two fights against Mike Brown and against Dominick Cruz. Those hoping for a blow-by-blow chronicle of Urijah Faber's rise through the ranks of mixed martial arts will be disappointed. For example, you will learn very little about his bout with Jose Aldo, other than the fact that his leg took a beating from Aldo's repeated kicks. Instead, Faber positions this as

both an MMA sports chronicle and a self-help motivational book. Each chapter offers an exposition on 36 different "laws of power." Faber is a charismatic character whose career rise within the sport models the mainstream evolution of the UFC and mixed martial arts. He is blessed with good looks. Men want to be like him. Women want to be with him, or perhaps even take him home as a pet. The pretty boy moniker has been both a blessing and a curse for Faber, tempting some to interpret or misinterpret his persona as soft. Here he is, a college educated kid, intelligent, from a middle-class family who is fighting some rather hardened characters. Although he may have an angelic mien, Faber has the heart of a warrior and makes it clear that he can kick ass.

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