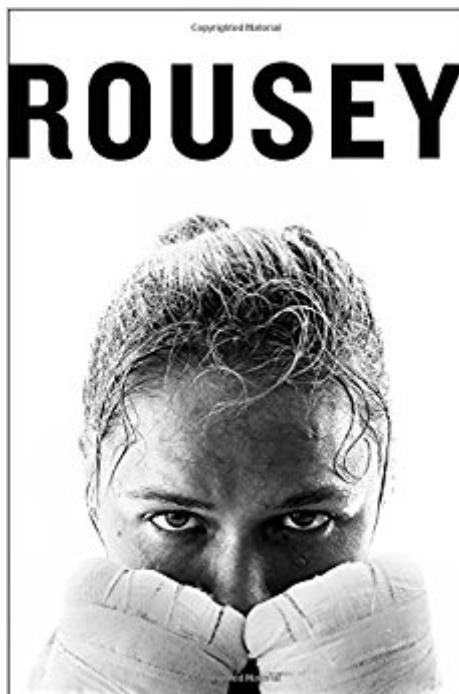


The book was found

My Fight / Your Fight



Synopsis

THE ONLY OFFICIAL RONDA ROUSEY BOOK "The fight is yours to win." In this inspiring and moving book, Ronda Rousey, the Olympic medalist in judo, reigning UFC women's bantamweight champion, and Hollywood star charts her difficult path to glory. Marked by her signature charm, barbed wit, and undeniable power, Rousey's account of the toughest fights of her life—in and outside the Octagon—reveals the painful loss of her father when she was eight years old, the intensity of her judo training, her battles with love, her meteoric rise to fame, the secret behind her undefeated UFC record, and what it takes to become the toughest woman on Earth. Rousey shares hard-won lessons on how to be the best at what you do, including how to find fulfillment in the sacrifices, how to turn limitations into opportunities, and how to be the best on your worst day. Packed with raw emotion, drama, and wisdom, this is an unforgettable book by one of the most remarkable women in the world.

Book Information

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Customer Reviews

"An exceptional autobiography." "The Miami Herald"[Rousey's] experiences and storytelling are engrossing and entertaining."There have been multiple challenges to buffer Rousey's myriad triumphs, and she boldly bares all in a book that is fascinating to read and tough to put down." UFC.com

Ronda Rousey is the UFC's undefeated women's bantamweight champion and an Olympic medalist in judo. Arguably the most dominant athlete in UFC history, Rousey is responsible for the inclusion of women in the Octagon. She has taken Hollywood with her signature force, landing roles in major films and exploding onto the scene with the drive, commitment, and command that has made her a champion. Maria Burns Ortiz is a journalist who has written for numerous publications including ESPN.com, Fox News Latino, and the Associated Press and was named the National Association of Hispanic Journalists' Emerging Journalist of the Year. She is also Ronda Rousey's sister. She lives with her husband and their three amazing kids.

I remember it like it was yesterday and I was a "Rowdy" Ronda Rousey hater. As a longtime mma fan I never believed female mma fighters deserved to be in the UFC because their skill and fighting spirit paled in comparison to men's and I felt that way with Rousey too. Each opponent she would face I would dismiss them both as lacking skill and undeserving of being in the most elite mma company in the world (the UFC [Ultimate Fighting Championship]). I would boo Ronda as I watched her fight at the local Buffalo Wild Wings and think to myself this woman is a one trick pony and she will be beaten once that trick doesn't work. Disappointment would fill me as she would win over and over again and I thought to myself maybe one day she won't. It wasn't until UFC 175 that she opened my eyes and made me realize that I was letting my bias towards her blind my logical reasoning. She would co-main event against fellow bantamweight Alexis Davis and defeated her dominantly by KO through the combination of an overhand right, a judo throw, and punches from hell once they hit the deck. It was then that I knew she was different, she wasn't a one trick pony but a once in a lifetime athlete who transcends the sport and reaches the mainstream through her absolute dominance of her competition. Then I asked myself how is she so great? How does she make it look so easy? And why does everyone including Hollywood want to be associated with Ronda Rousey? I scoured a few articles and read that she was a hard worker and a former olympian medal winner so maybe I thought that is why she is better than everyone and let it be believing I solved it. Unbeknownst to me she had a book coming out today that I only found out about yesterday. I felt if it was an official biography done by the 135 pound champ I had to get my hands on it to understand why she truly became so great. And she showed me through what felt like a first person perspective the events that brought her to greatness. I felt like I was Rowdy Ronda Rousey going through the death of her dad, her failures and shortcomings at the pinnacle of Judo competition, living in a car, her trying to win over her current mma coach to train her, the first mma

fight, the strategy to bring women's mma to the limelight, and what kinds of things she plans to do with the future. This amazing book which I read in under 6 hours was of the most inspirational books I have ever laid my eyes upon and felt necessary to write a review. Ronda Rousey hasn't just helped pave the way for women's mma but is paving the way for women to not limit themselves to doing generic gender jobs and to realize that you can be whoever you want and follow whatever path you choose. This book will show you the future of women in and out of competition and about one of the greatest athletes and more importantly one of the greatest humans this generation has ever seen.-A former Ronda hater now a fan. :-)

I couldn't stop reading. It's a manual to athletic success, a look into the chaotic life of an Olympian and sports icon as well as an in-depth read on the psychology of greatness.

This book is an entertaining and inspiring glimpse into what it takes to be the best. I would recommend My Fight / Your Fight to any Rousey fan and to anyone who needs a reminder that the only power people have over you is the power that you give them.

At Ronda Rousey's fairly young age you might wonder if she's lived long enough to warrant an autobiography so soon. Mike Tyson was able to reflect on an entire career plus while Ronda is barely a third of the way through what she will do professionally. And yet that is precisely where "My Fight/Your Fight" is structured so artfully. Ronda's childhood and career to the present day is all detailed thoroughly yet the book itself smartly constructs itself as more of an inspirational than simply an autobiography. Each chapter begins with a quote/life lesson learned prefacing the circumstances related to it. Where most bios of someone Ronda's age would feel like they are leaving you with only half the story, the life lesson structure brings "My fight" to a satisfying conclusion. You don't need to be a fight fan to enjoy Ronda's story or her infectious personality. You are guaranteed to examine your own life throughout and probably face some truths about yourself as well as you read the extremes one person goes through to be the best in the world. A great book I think everyone can benefit from reading personally. **AMUST BUY.**if anyone can explain why WalMart won't display this but will that utter crap 50 shades of gray please let me know****

As kids we all felt it. As soon as we turned the last page of the last Harry Potter book we all felt and thought, "well s***. Now what do I do with my life?" That feeling came not because we couldn't make a decision on our own but because we felt empowered by the journey of Hermione, Ron, and Harry.

And now that it was gone, the power that came from the book was almost gone too. Something was missing from our lives. That thought and feeling is exactly how I felt when I finished the book by Ronda Rousey, *My Fight/Your Fight*. The book isn't just about a fighter in a caged octagon. The book is about one of the world's greatest life fighters. Ronda Rousey had every reason to give up on her long road to success. Every reason to throw in the towel and walk away, like so many of us do. Her life mantra seems to be, "I refuse to allow pain to dictate my decision making" (Rousey, p. 41). Throughout the entirety of the book I felt so empowered, so impassioned. I literally felt like I could conquer the world. Seriously, I thought I could conquer the world. I thought about changing my life plans so I could become the President of the United States, or the world's greatest male MMA fighter (I even looked up MMA training gyms), or even become the world's richest man, or all three at the same time! It's funny, I felt like she knew this book would have that effect on people so she answered the readers yearnings of the heart by saying, "Someone has to be the best in the world. Why not you?" (p. 161). From reading the book it is so easy to tell that Ronda Rousey has an unmeasurable amount of passion. It was contagious. It was addictive. Before I continue I want to make something very clear: Ronda's life challenges are not uncommon. We all have difficult choices, life circumstances, and bad luck. What makes Ronda Rousey so incredible is what she was able to do with those hard times. This is the key to Ronda's success: "As kids we're taught to dream big and to think everything is possible: Win the Olympics. Be president. And then you grow up" (p. 125). Unlike most of us, she never grew out of this mindset. She never learned to let paralyzing fear make her choices. She has always believed and, will always believe, she can do anything. The last thing I want to share about this book comes from the first page. It's my favorite part of the book. When you read it, you start to feel and understand who Ronda Rousey is. She explains herself this way, "To be a fighter, you have to be passionate. I have so much passion, it's hard to hold it all in. That passion escapes as tears from my eyes, sweat from my pores, blood from my veins." "So many people assume that I'm cold and callous, but the truth is you need a big heart to fight. I wear my heart on my sleeve, and I have had it broken too. I can compete with broken toes or stitches in my foot. I can take a hit without batting an eyelash, but I will burst into tears if a sad song comes on the radio. I am vulnerable; that's why I fight" (bold added, p. 1). I love that quote SO much. Oftentimes there is this negative stereotype associated with vulnerability. If you're vulnerable you're not tough, you're weak. Ronda Rousey has proved that stereotype wrong her entire life. Do your self a favor, buy this book. PS to all you haters out there who don't like her because you think she is so arrogant, buy the book, read page 125. It will change your mind really quick.

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