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# The Way Of The Fight



## Synopsis

UFC fighter, Georges "Rush" St. Pierre, shares the lessons he learned on his way to the top, in *The Way of the Fight*, revealing how he overcame bullying and injury to become an internationally celebrated athlete and champion. The reigning UFC welterweight champion, St. Pierre seemed untouchable until injury derailed him and jeopardized his title and his career. Determined to make his comeback, he embarked on a careful regimen of physical therapy. He also used this healing period to assess his life, where he's been, what he's achieved, where he wants to go, and lessons that helped shape who he is. In *The Way of the Fight*, Canadian championship fighter St. Pierre invites fans into the circle of his life, sharing his most closely guarded memories. A compelling memoir that offers an intimate, gritty look at a fighter's journey, told through inspiring vignettes, *GSP* is a moving account of commitment and power, achievement and pain, dedication and conviction from one of the world's greatest champions.

## Book Information

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## Customer Reviews

In the introduction to his first book, *The Way of the Fight*, UFC welterweight champion Georges St-Pierre proclaims: "My goal here is to write the greatest book ever written." This is a very ambitious goal for any first-time author. If those words came from another professional fighter--hell, if it came from any other writer, it would be almost laughably overambitious. Coming from St-Pierre, the statement seems like it is something obtainable. St-Pierre is, after all, a fighter who got to the top of the heap by outworking his opposition, by overcoming obstacles, by setting ambitious goals and

then going out and achieving them. It would have been easy for St-Pierre to sit down and write a book filled with fluff, with nothing but tales of glory of St-Pierre the conquering hero. That angle's been taken by many athletes before him, and it is an angle that works well. If the focus of the writer is to move units, that is the path to take. I do not get the feeling that St-Pierre's goal was to fleece his fans in that manner. There's much more to this book than a straight-line narrative about how St-Pierre went from birth to UFC champion. St-Pierre took some heat in the days leading up to UFC 158, when he revealed that he does not man his own twitter account. There is no doubt that some will doubt that he wrote *The Way of the Fight* on his own. He did not. St-Pierre readily admits that fact early in the book. St-Pierre had help in writing this book, just like he has help when he trains for his fights and deals with any aspect of his life. St-Pierre says he hires to his weaknesses, hoping to learn from the experts with which he surrounds himself. Those experts include Firas Zahabi, John Danaher and Kristof Midoux.

I do train MMA but that's not why I order GSP's book. I am a woman, a currency trader, and an author. This book is a revealing look into an elite athlete who admits to not having the best genetics, the advantage of money early on, or exceptional natural ability on his side - it's all the more interesting how GSP BUILT HIMSELF into the best MMA fighter and athlete in the UFC, arguably ever. I think people do not appreciate the routine & sacrifices; they are not willing to pay the PRICE and that's partly what I came away with: Do the work, day after day, and then success is no accident. Tried and true. I may not be the typical reader for this book but I would recommend this to anyone who enjoys biographies. To limit this read to the fight fan is really not doing this book any justice. Of course fans of MMA will enjoy this book as it also plays out like a history of GSP's fights and growth - and that's entertaining for sure. It's an enjoyable read. The way GSP has organized the book is amazing (he breaks his story in five major parts/people that have shaped him) and it begs the reader in many ways to consider doing the same as GSP shares his self-examination after his knee injury. Too many athletes don't get specific about their routines, mental game, and team and offer only fluff and generalities of their success. THIS is not the case with "The Way of the Fight". I am recommending it to my trader/students in the same way I recommend the "Art of War" to gain an edge in the psychology of winning and the introspection and strategy that's required. GSP also dives into specific events that shaped him - again - finding ways for even the difficulties to make him better.

An extremely insightful book. I brought it with me to my teaching job at the high school and so many

students who weren't necessarily readers expressed an avid interest. I made many connections with the book as a martial artist who had to fight from a young age. I wish I had 100's of copies to give to kids. Really. They would read it. Surprising in the vulnerability that GSP is willing to show in this book, about being bullied, losing fights, and struggling, but insightful and worthwhile because of this. This is very different from other MMA fighters' autobiographies I have read, and of much more worth on many levels.

GSP on Bruce Lee and the Importance of Mental and Physical Fluidity: Bruce Lee is one of the greatest martial artists there ever was. He was the first to try and accomplish so many new things. He took the word "artist" beyond the known boundaries of the word. Bruce, for example, was the first to train his muscles not for power but for functionality. He understood very early on that real physical power complements other skills that are more important, like strategy and technique. He believed that total fitness was the perfect combination of many things: flexibility, strength, and a strong respiratory system. He found that real strength was found in connective tissue "which holds muscles on the human frame" more than muscle size or muscle mass. In fact, Bruce Lee believed that bigger muscles could actually be bad for martial artists because they limit movement and fluidity. He saw that big muscles actually make people slower and reduce their mobility. For Bruce, everything had to be fluid. Fluidity made Bruce Lee who he is, and had a huge impact on my development too. It shows the human and philosophical side of the ultimate martial artist.

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