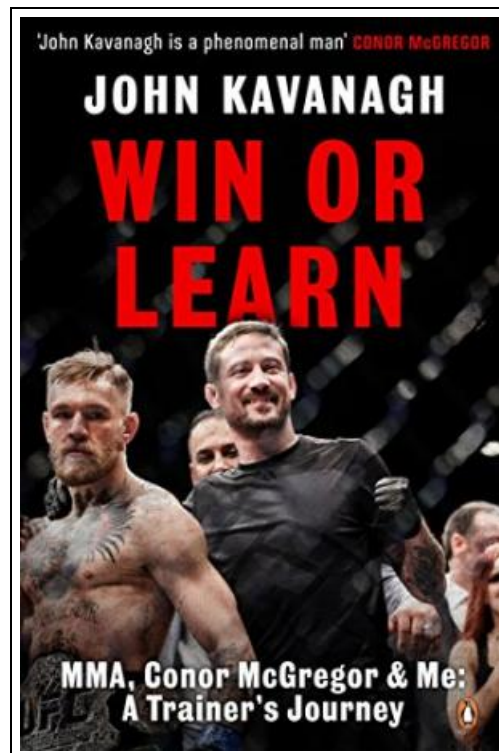


Win or Learn: MMA, Conor McGregor and Me: A Trainer's Journey (Paperback)



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Reviews

It is one of the best pdf. It is written in straightforward words and never difficult to understand. It has been designed in an extremely straightforward way and it is just following it finished reading this book through which basically modified me, affected the way I believe.
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WIN OR LEARN: MMA, CONOR MCGREGOR AND ME: A TRAINER'S JOURNEY (PAPERBACK)



Penguin Books Ltd, Ireland, 2016. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Growing up in Dublin, John Kavanagh was a skinny kid who was frequently bullied. After suffering a bad beating when he intervened to help a woman who was being attacked, he decided he had to learn to defend himself. Before long, he was training fighters in a tiny shed, and promoting the earliest mixed-martial arts events in Ireland. And then, a cocky young lad called Conor McGregor walked into his gym .In Win or Learn, John Kavanagh tells his own remarkable life story - which is at the heart of the story of the extraordinary explosion of MMA in Ireland and globally. Kavanagh has become a guru to young men and women seeking to master the arts of combat. And as the trainer of the world's most charismatic male MMA star, he has become a magnet for talented fighters from all over the world. Kavanagh's portrait of Conor McGregor - who he has seen in his lowest moments, as well as in his greatest triumphs - is a revelation. What emerges from Win or Learn is a remarkable portrait of ambition, discipline, and persistence in the face of years and years of disappointment. It is a must read for every MMA fan - but also for anyone who wants to understand how to follow a dream and realize a vision.



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