



The Fighter's Mind: Inside the Mental Game

By Sam Sheridan



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In his acclaimed national best seller, *A Fighter's Heart*, Sam Sheridan took readers with him as he stepped through the ropes into the dangerous world of professional fighting. From a muay Thai bout in Bangkok to Rio, where he trained with jiu-jitsu royalty, to Iowa, where he matched up against the toughest in MMA, Sheridan threw himself into a quest to understand how and why we fight. In *The Fighter's Mind*, Sheridan does for the brain what his first book did for the body. To uncover the secrets of mental strength and success, Sheridan interviewed dozens of the world's most fascinating and dangerous men, including celebrated trainers Freddie Roach and Greg Jackson; champion fighters Randy Couture, Frank Shamrock, and Marcelo Garcia; ultrarunner David Horton; legendary wrestler Dan Gable, and many more. What are their secrets? How do they stay committed through years of training, craft a game plan, and adjust to the realities of the ring? How do they project strength when weak, and remain mentally tough despite incredible physical pain? A fascinating book, bursting at the seams with incredible stories and insight, *The Fighter's Mind* answers these questions and many more.

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The Fighter's Mind: Inside the Mental Game By Sam Sheridan Bibliography

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Editorial Review

From Publishers Weekly

Sheridan (*A Fighter's Heart*) examines what contributes toward a successful mental approach in professional fighting, interviewing people such as mixed martial arts icon Randy Couture, legendary college wrestling coach Dan Gable, and tai chi master Josh Waitzkin. The author gains some interesting insights from his investigation. Losing, it turns out, is a crucial component behind a fighter's success. Confidence is fine, but ego is an evil thing, with humility being a great equalizer. Those interested in pugilistic psychology may find some value in Sheridan's reporting; for others, too often the sources' lessons sound similar, and the book frequently drifts into a lengthy, somnolent discourse on fighting styles. Sheridan also can't stay out of his own way; his first-person prose is clunky and long-winded. His misguided attempt to merge elements of memoir and sports journalism derails the book, keeping it from succeeding in either genre. (*Feb.*)

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From [Booklist](#)

Starting with the premise, "We are all fighting something," Sheridan follows his successful *A Fighter's Heart* (2006) with a wide-ranging exploration of how great "fighters" succeed. Among those he profiles are 1972 Olympic gold-medal-winning wrestler Dan Gable, ultra-runner David Horton, mixed martial artist Randy Couture, 2004 Olympic gold-medal-winning boxer Andre Ward, and even chess wizard Josh Waitzkin (from *Searching for Bobby Fischer*). Some are defined not by their victories but by their defeats (boxer George Foreman); others need "killers in the room" (MMA champs); others win by a certain stealth (Ward)—not to mention thousands of hours of training. To explain just why these men do what they do, Sheridan says that fighting, in whatever forms that it takes, forces you to "learn who you are." Like its predecessor, this book should find an audience well beyond the ring. --Alan Moores

Review

"Another must read. . . . Sheridan never gets bogged down in psychology, rendering his book accessible even to non-fight fans. The lessons handed down from the book's subjects are fleshed out on their own and by Sheridan, painting a complete picture of the pain and joy it takes to get to the top, stay there, and eventually surrender the crown." —*FIGHT! Magazine*

"Fantastic . . . **One of the best MMA books I've ever read**, and I've certainly read my fair share." —Eric O'Brien, "Way of the Warrior," ESPN radio

"You don't have to care about fighting, or even know that MMA stands for mixed martial arts, to find insights into human behavior in Sam Sheridan's *The Fighter's Mind*." —*Bloomberg*

"In tasking himself with peeling back the layers of a complex and multifaceted activity, [**Sheridan is raising the bar for everyone else.** . . . If you want a better grip on a sport even some of its participants may not fully understand, his work is quickly becoming required reading." —Jake Rossen, ESPN.com

"*The Fighter's Mind* is **an entertaining and enlightening read** and is a worthy addition to any MMA fan's bookshelf." —Dave Doyle, Yahoo! Sports

"Sheridan wrote one of my favorite books of recent times, *The Fighter's Heart*, and is one of those writers who could write about getting the oil changed in his car and still make it riveting . . . So it comes as no

surprise that *The Fighter's Mind* is **a terrific read.**”—Jeff Fox, *MMA Manifesto*

“A must-read for fight fans.” —Evan Holober, *The Queensberry Rules*

"Tirelessly curious and game, deftly sidestepping pretentiousness and macho posturing and all the other usual traps that snare writers who delve into the form and meaning of fighting, **Sam Sheridan seeks out fearsome teachers and comes away with a rare prize:** a deep understanding of the mental aspect of the fighter's craft and what it can teach us about how—and how not—to live." —Carlo Rotella, author of *Cut Time, An Education at the Fights*

“Having opened up professional fighting worldwide in the best-selling *A Fighter's Heart*, former Merchant Marine and Harvard grad Sheridan here plumbs the mental side of the sport. ... this should be **a knockout** with fight fans.” —*Library Journal*

“As accurate and perceptive an account of what makes top fighters tick as I have seen. Sam Sheridan is a great observer and with his profiles of some of the top names in MMA, he cuts through the clutter and highlights what it is about these men's psychologies and thought processes that has made them so dominant. There is so much valuable information in this book that I read it once and then went back through it again with a highlighter. The chapter on legendary trainer Greg Jackson alone makes the book worth purchasing.”—Donovan Craig, Editor In Chief, *FIGHT! Magazine*

“Relevant for fighters and non-fighters alike, [*The Fighter's Mind*] creates new bridges between the fight community and the rest of the world.”—Lockflow.com

“In Sam Sheridan's *The Fighter's Mind* you are taken on a journey that starts in the mind of wrestling great Dan Gable and meanders through the inner psyche of today's fighters. Paradoxically, the knowledge illuminated from this fascinating journey remains timeless and true, reflecting the wisdom of the archetypal ancient warrior—**truly a great contribution to the field of mental athletic peak performance.**” —Michael Lardon, M.D., sports psychologist and author of *Finding Your Zone*

Users Review

From reader reviews:

Larry Young:

This *The Fighter's Mind: Inside the Mental Game* are usually reliable for you who want to be described as a successful person, why. The reason why of this *The Fighter's Mind: Inside the Mental Game* can be one of many great books you must have will be giving you more than just simple reading through food but feed anyone with information that might be will shock your earlier knowledge. This book is actually handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed ones.

Beside that this *The Fighter's Mind: Inside the Mental Game* forcing you to have an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that we know it useful in your day pastime. So , let's have it appreciate reading.

Kay Davidson:

Exactly why? Because this *The Fighter's Mind: Inside the Mental Game* is an unordinary book that the inside

of the guide waiting for you to snap it but latter it will zap you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such awesome way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your expertise and your critical thinking method. So , still want to hold off having that book? If I were being you I will go to the publication store hurriedly.

Christopher Suttle:

In this time globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The book that recommended for you is The Fighter's Mind: Inside the Mental Game this e-book consist a lot of the information with the condition of this world now. This particular book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. The particular writer made some investigation when he makes this book. Honestly, that is why this book acceptable all of you.

Joseph Rankins:

As a student exactly feel bored to help reading. If their teacher expected them to go to the library or make summary for some guide, they are complained. Just minor students that has reading's heart and soul or real their interest. They just do what the instructor want, like asked to go to the library. They go to at this time there but nothing reading seriously. Any students feel that studying is not important, boring as well as can't see colorful photographs on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. So , this The Fighter's Mind: Inside the Mental Game can make you experience more interested to read.

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