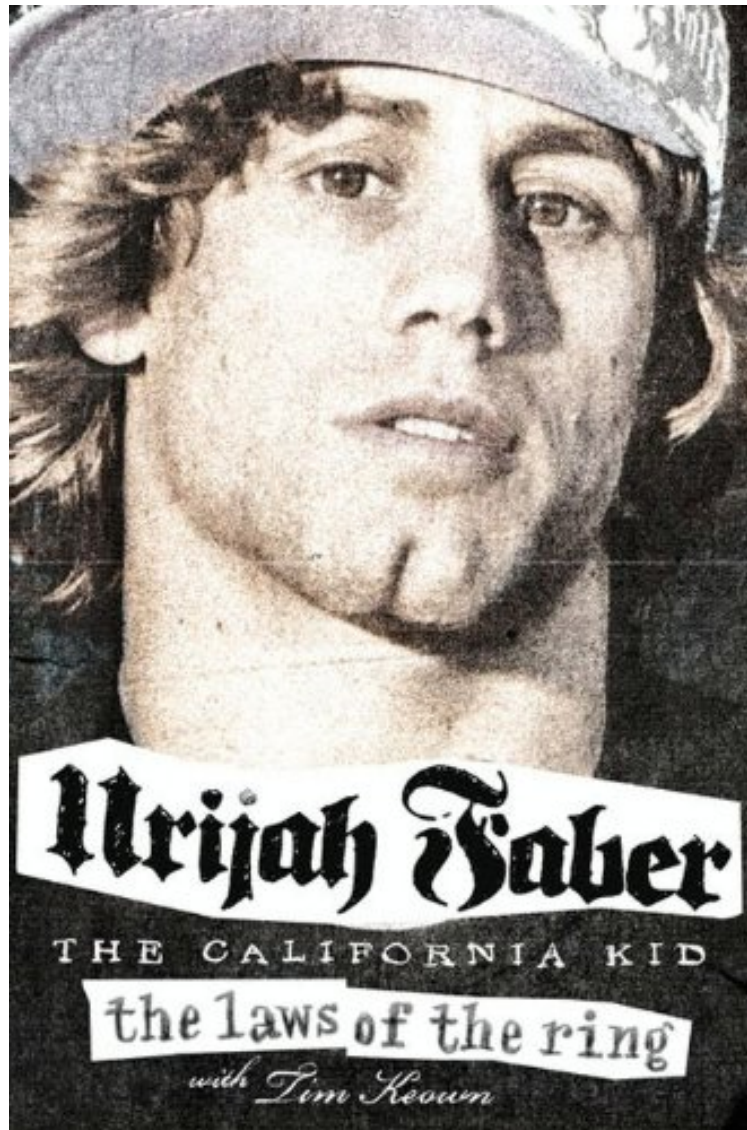


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The Laws of the Ring: The Laws of the Cage from the California Kid

Urijah Faber, Tim Keown

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Urijah Faber, Tim Keown : The Laws of the Ring: The Laws of the Cage from the California Kid before purchasing it in order to gage whether or not it would be worth my time, and all praised The Laws of the Ring: The Laws of the Cage from the California Kid:

13 of 14 people found the following review helpful. "Don't Hate Me Because I'm Pretty!"By Kevin QuinleyBy 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. Recently, however, Faber's charisma has exceeded his success in the ring. He is a steady draw and his style of fighting is exciting. He's also extremely tough, since in some of his bouts he has broken both of his hands and has continued gamely fighting on against very tough odds. For those looking for a book on MMA, "The Laws of the Ring" will not disappoint. However, you do not need to be an MMA fan, a sports fan or Urijah Faber fan in order to enjoy this book. It has success lessons within it that Faber has learned through his blood, sweat and tears experiences in the WEC and later the UFC. His approach is positive and upbeat. So, "The Laws of the Ring" is packed with considerably more substance than one finds in the typical MMA memoir. Faber is no meathead. Early in his career, he was looking beyond his limited tenure in mixed martial arts and taking steps to secure himself financially. This came through apparel deals, endorsements, real estate investments, opening up gyms, etc. His Team Alpha Male has been fabulously successful and has spawned many top ranked mixed martial artists. One can easily see Faber transitioning successfully from the Octagon to the broadcast booth. He is telegenic, with a Kirk Douglas-like chin dimple. He is articulate, intelligent and burns with a passion to excel in whatever endeavor he chooses. (True confession: My wife and I met Faber during an appearance he made in the Washington DC area in the spring of 2011 and found him to be a very friendly and gracious person.) It is difficult not to like and admire Urijah Faber. So, I heartily recommend "The Laws of the Ring" both for MMA fans and for fans of life success! 0 of 0 people found the following review helpful. Urijah Faber is a great UFC fighter!! By Mo Elkholy My twins are big fans of Urijah Faber and the train in his Rocklin UFC gym. They're only 9 and already read the whole book! They LOVE it! 0 of 0 people found the following review helpful. Highly Recommended for Anyone in Need of Inspiration or a Human Voice By marcos Never heard of Urijah before reading this book, I am not hugely or even a little into MMA. MMA seems interesting, just never attracted to it other than when it is on. That said, Urijah's story transcends MMA and is both highly entertaining and inspirational to a wide variety of people. I read this on vacation after taking the bar exam and the humanizing voice of Urijah really hit me. He is brutally honest about other people, but also about himself and his hardships. This book will breathe some life into you no doubt and I highly recommend it.

“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.