

# Download The Fighters Mind Inside The Mental Game

The Fighter's Mind: Inside the Mental Game [Sam Sheridan] on Amazon.com. \*FREE\* shipping on qualifying offers. 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 RioIt explores the "disaster imagery" that bombards modern society and describes his attempts to determine how prepared he might be to handle a catastrophic event. Sam lives in Los Angeles. *A Fighter's Mind: Inside the Mental Game* is available on Amazon.com for \$16.70. The Fighter's Mind is a book about competition fighters, mostly mixed martial arts fighters, and how they think about their sports. While the book includes an ultra-marathoner and a chess champion turned martial artist, it is mostly MMA guys, but with an open mind, anyone interested in excellence can take something away from this book. 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.