



The Way of the Fight

By Georges St-Pierre

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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 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.

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The Way of the Fight By Georges St-Pierre Bibliography

- Sales Rank: #127227 in Books
- Brand: Brand: William Morrow Paperbacks
- Published on: 2013-11-12
- Released on: 2013-11-12
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .64" w x 6.00" l, .60 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

Review

“Like St-Pierre, this book is part philosophical, part scientific, part business-tutorial and even part self-help, with carefully selected pieces of the fighter’s personal story interwoven throughout. It’s all fascinating, coming from one of the most evolved fighting minds the sport has ever produced.” (SportsIllustrated.com)

“The Way of the Fight delivers a great deal . . . part biography, part self-help, part philosophy. It is a book that, read in the right manner, teaches more than it tells.” (Bleacher Report)

“An interesting view into the psyche of an athlete . . . the most insightful view to date of a fighter and person that has not only dominated his sport, but has been one of the foundational figures bridging the gap between MMA’s community and the greater mainstream sports audience.” (Sherdog)

“This is an outstanding book . . . at the heart of it *The Way of the Fight* is about setting and achieving goals, and what it takes to overcome obstacles to become your most successful self. . . I highly recommend *The Way of the Fight*.” (New York Times bestselling author Tami Hoag)

“GSP the warrior reveals himself. *The Way of the Fight* is the way of his life. It’s about the process of Georges St-Pierre, who came from nowhere to become an international icon.” (Diane Sauv  , Radio-Canada)

From the Back Cover

There’s more to winning battles than fists and feet

For world-renowned professional fighter Georges St-Pierre, the greatest asset is not physical strength or athleticism—it’s a sense of purpose. From his beginnings as a small, mercilessly bullied child first discovering karate to his years as a struggling garbage collector who spent all his free time in the gym, his hard-fought rise in the sport of mixed martial arts, and his long, painful recovery from a career-threatening injury, Georges never lost sight of his ambition to become the greatest martial artist of all time. In *The Way of the Fight*, Georges for the first time reveals what propelled him not only to become a champion but to embrace obstacles as opportunities to build character.

Georges’s story is interwoven with fascinating insights from those who know him best: his mother, who tells of his drive to master new skills, even as a child. His mentor Kristof Midoux, who describes a young fighter with an extraordinary sense of discipline. His Brazilian Jiu-Jitsu teacher John Danaher, who witnessed the development of an indomitable work ethic. His coach Firas Zahabi, who worked alongside the champion through a potentially career-ending injury. And his longtime friend, training partner and manager, Rodolphe Beaulieu, who may understand this intensely focused athlete more than anyone.

The Way of the Fight is an inspirational look into the mindset of a master. To Georges, all life is competition, and there’s no more perfect metaphor for competition than the life of a fighter. He explains the value of discipline, risk and even fear, with the wisdom of one who knows that nothing is assured—his next fight could always be his last. Drawing inspiration from fighting legends, Eastern philosophy and a trusted inner circle, *The Way of the Fight* is a powerful, life-changing guide to living with purpose and finding the way to accomplish your loftiest goals.

About the Author

Georges "Rush" St-Pierre, also known as "GSP," is a Canadian professional mixed martial artist and world champion who holds black belts in both Kyokushin karate and Brazilian Jiu-Jitsu. Recognized as one of the planet's best pound-for-pound MMA fighters and all-around athletes, as well as a three-time Canadian Athlete of the Year, GSP lives in Montreal and travels around the world to work with the best coaches and training partners in all disciplines.

Users Review

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