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*Doug Merlino*

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#1490821 in Books Bloomsbury USA 2017-01-17 2017-01-17Original language:EnglishPDF # 1 8.20 x .81 x 5.54l, .0 #File Name: 1632864045272 pagesBloomsbury USA | File size: 64.Mb

**Doug Merlino : Beast: Blood, Struggle, and Dreams at the Heart of Mixed Martial Arts** before purchasing it in order to gage whether or not it would be worth my time, and all praised **Beast: Blood, Struggle, and Dreams at the Heart of Mixed Martial Arts**:

1 of 1 people found the following review helpful. This book is by far the best detailed telling of not only the MMA environmentBy MLJ DCBeen a fight fan for over 30 years, have many patients and friends for the last 15 years that have fought at the highest levels in both MMA and boxing. I am currently on medical staff for one of the largest second tier mid-western MMA promotions in the country. This book is by far the best detailed telling of not only the MMA environment, but also about the type of men that choose to fight, that I have ever read. The way **Beast** chronicles the four fighters in the book, provides a very detailed window into the " who fights " and " why fights" is second to none in any trade publication I have read or any documentary I have ever watched. Fighters at the level this book follows; are NOT what the typical lay person would envision, sacrifice more than most people could comprehend to achieve the goals and dreams, and most often live a quiet extremely dedicated family oriented home life. Doug Merlino captured the truths I speak of in a manner that would make the most seasoned fighters or their coaches think Doug has been around the fight game his whole life. I couldn't put **Beast** down once I cracked open the binding, and I am sure anyone ( fight fan or not,) who chooses to pick up a copy of **Beast** and take a quick look inside, would have a hard time putting it down or back on the book store shelf same as I did.0 of 0 people found the following review helpful. An Inside Look at MMABy C. Baker**Beast** covers the lives and personalities of four MMA aspirants, each with a different background and goals in their desire to achieve success in a brutal sport. The sacrifice, hard work and dedication it takes to achieve even a modicum of success in the sport is revealed through the four men whose lives he follows. Itr'squo;s also clear one has to be wired a little different to train so assiduously for a sport that is brutal and physically debilitating.I also liked the interludes where the author fills those not as familiar with MMA on the history of the sport dating back to the Gracie family and jiu jistu in Brazil to the early days of the no-holds barred and controversial rise of the sport.A very interesting read.0 of 0 people found the following review helpful. Great book for MMA enthusiastsBy JbennyI liked this book. I've followed MMA for years, and although not a meathead (as the author refers to some fans) I'm definitely not just a casual observer. I enjoyed the concept of the book, and the fighters that the author chose to follow were diverse and interesting. There were candid insights on the struggle of what it takes to participate in a very violent sport. The last third of the book the author chose to do a little history lesson on the UFC which seemed just slightly out of place, but I understand the perceived need to include it. Overall I would say this

book is probably better suited for the more hardcore fan, but it is definitely well worth the read.

"[A] gifted writer, [Merlino's] got me thinking seriously about the history, culture and business of professional cage fighting." --The New York Times Book Review Mixed martial arts is America's fastest-growing sport--around the country, new gyms open their doors and enthusiastic viewers tune in to UFC matches. Although some dismiss it as brutal combat, its fighters are among the most dedicated athletes in any arena. But MMA also takes a heavy toll on the body, and it's a rare fighter who can earn a living in the sport's top ranks. Beast follows four high-level fighters at one of the sport's elite gyms, Florida's American Top Team. Doug Merlino had unprecedented access, training alongside the men for two years, traveling to their matches, and eating in their homes. Mirsad Bektic, a young Bosnian refugee who started in karate as a boy in Nebraska, dreams of stardom. Jeff Monson, a battered veteran at forty-one, is an outspoken, tattooed anarchist enjoying a bizarre burst of celebrity in Russia. Steve Mocco is a newcomer--a former Olympic wrestler from a close-knit intellectual family. Finally there's Daniel Straus, who, from a life short on opportunity, fights his way up to title contention. All will experience electrifying highs and career lows, and Merlino takes us along every step of the way while also examining the culture and meaning of professional cage fighting. A book for both the uninitiated and the hard-core fan, Beast offers a fascinating journey into an often misunderstood world.

"Easily the best book on MMA that I have ever read." ?Eddie Goldman, No Holds Barred?An intimate portrayal of the world of Mixed Martial Arts . . . Told in a candid and nicely flowing conversational tone, this story will certainly appeal to MMA followers but may also attract a broader range of sports fans, in the manner of John Feinstein's similar days-in-the-life accounts. The best of the growing collection of MMA literature. ?starred review, Booklist"Merlino is able to get into these fighters' minds and souls to find out what exactly makes them tick. This is as inside a look at MMA as yours' are going to get without actually being there yourself. A must-read for MMA fans." ?MMA Manifesto?One of the best books written on MMA; readers don't have to be fans of the sport to appreciate this story. ?Library Journal?Insightful . . . Merlino provides an enhanced picture for anyone who wants to look past the glitz and glamour of the spotlights presented on television and see the grit and sacrifice required from anyone who wants to step into the octagon. ?Publishers Weekly?Merlino consistently captures the grit, determination, and sheer willpower of these hungry warriors . . . Fascinating. ?Kirkus?This is more than a tour guide of a violent underworld. It is also a philosophic statement about conflict, understanding it, facing it, owning it, dealing with it. A wonderful dark read. ?Bill Buford, author of AMONG THE THUGS and HEAT?Beautifully reported and written with rollicking flair, Beast is every bit as electric as the ferocious sport it chronicles. Doug Merlino's extraordinary book perfectly captures not only the brutal splendor of mixed martial arts, but also the ways in which so many ambitious young men and women seek salvation through controlled violence. By the time you reach the last page, you will be so emotionally invested in each fighter's turbulent journey that yours' will yearn for a sequel--or, better yet, a trilogy. ?Brendan I. Koerner, author of THE SKIES BELONG TO US?A poignant, intimate look at professional fighters and their lives. Merlino pulls you in as he was pulled in; and in the end, understanding is earned, not given. ?Sam Sheridan, author of A FIGHTER'S HEART and THE FIGHTER'S MIND?What makes us fight? Doug Merlino enters the dark world of mixed martial arts and discovers a landscape of pain, humor, fear, and tremendous courage. With elegant writing and tenacious reporting, Merlino makes us care about these men and the elemental humanity of their stories. ?Claire Dederer, author of POSER: MY LIFE IN TWENTY-THREE YOGA POSES?Doug Merlino takes the reader way down into the grain of fighting lives: the gym, the road, the business, the complexities of desire and fear, the spectacle of fight night. A patiently observed, deeply felt book about the craft and meaning of skilled violence. ?Carlo Rotella, author of CUT TIME: AN EDUCATION AT THE FIGHTS?To win inside the cage, you fight yourself as hard as you fight any opponent. Beast takes us into the lives of men fighting these battles in an intense portrait of very human struggles--physical, emotional, and philosophical--and into the crazy history of how MMA came to be the stage for brutal glory that it is today. Beast is blood-soaked and heartrending. ?David Shoemaker (aka the Masked Man), author of THE SQUARED CIRCLE: LIFE, DEATH, AND PROFESSIONAL WRESTLING"An inside look at the industry at MMA and the humanity of its fighters." ?ViceAbout the AuthorDoug Merlino won the 2011 Washington State Book Award for Biography/Memoir for his first book, The Hustle: One Team and Ten Lives in Black and White. He has contributed to Slate, Wired, Men's Journal, Vice, and many other publications. Merlino lives with his wife in New York City. www.dougmerlino.net

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