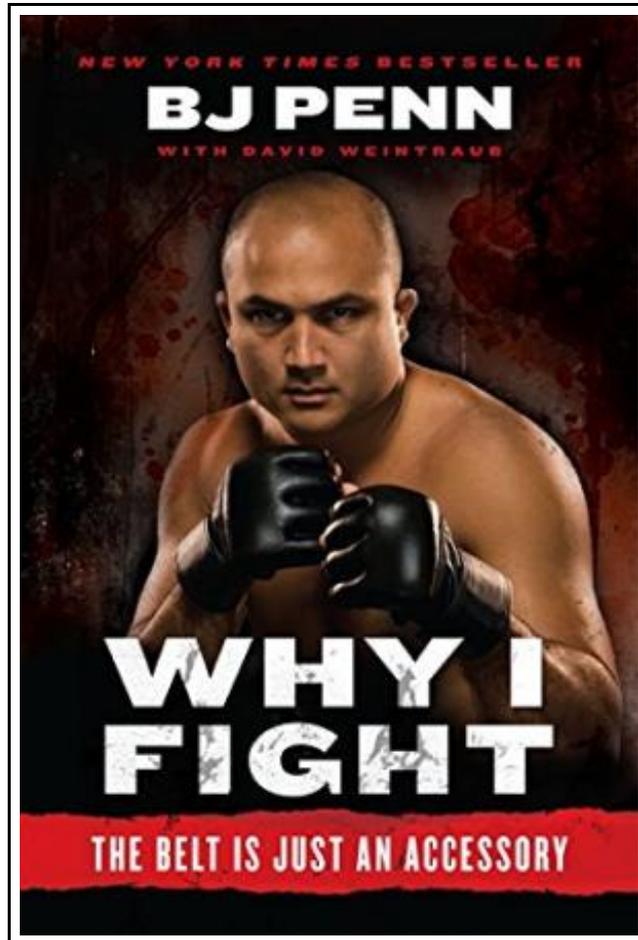


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WHY I FIGHT: THE BELT IS JUST AN ACCESSORY

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Why I Fight: The Belt is Just an Accessory, Jay Dee B.J. Penn, Dave Weintraub, He's studied Jiu-Jitsu with the Gracies in Brazil, studied Muay Thai among Thailand's underground fighters, and instructed special operatives in the Israeli Defense Force. He is Jay Dee B. J. Penn, considered by many to be the best mixed martial artist in the world. In "Why I Fight", the ultimate champion breaks his deeply guarded silence for the first time, inviting fans into his private world both in the ring and on Hawaii, where he lives and trains. "Why I Fight" is a breathtaking journey through Penn's grueling mental and physical preparations as he prepares for the big fight. It is also a deeply personal look at this intense, dedicated man's rise from troubled youth to the first American-born winner of the World Jiu-Jitsu Championships in Brazil. As this kick-ass training diary and memoir reveals, the road to success wasn't easy. Despite being the most talented athlete on the mixed martial arts circuit, he was, for years, one of the most undisciplined fighters and a notorious hothead whose reckless behavior nearly cost him his reputation and his career. Now, at 30, Penn reflects on his personal and professional maturation, as well as his philosophy of fighting, his controversial opinions on the UFC and mixed martial arts organizations, his training secrets, his interesting family life, his love for the place he calls home, and his many fights inside the Octagon.



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