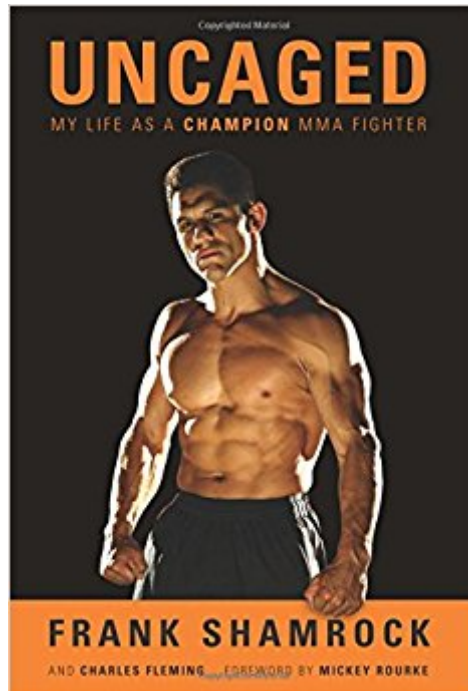




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# Uncaged: My Life As A Champion MMA Fighter



## Synopsis

Frank Shamrock was widely regarded as the best pound-for-pound fighter in the world. But first he suffered through a childhood of neglect, juvenile delinquency, and petty crime. He was eventually taken in by Bob Shamrock, who fostered hundreds of troubled boys. But when Frank couldn't afford to support his family, he turned to burglary and wound up in state prison. When he was released, Frank joined Ken in training. For the next two decades he dominated the entire sport. In this riveting book Shamrock gives vivid accounts of his battles both in and out of the ring.

## Book Information

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## Customer Reviews

"Frank's recounting of his journey gives us the hidden details of a truly unique life-warrior. Frank is raw, candid, and uncensored as he exposes himself and leaves no stone unturned. Uncaged will shake you to your core." —Carlton M. Colker, MD, CEO, Peak Wellness, Inc.

Frank Shamrock was the undefeated mixed martial arts champion for 10 years and is the only person to win a title in all three major North American fight promotions. He lives in Los Angeles. Charles Fleming is a writer, an adjunct faculty member of the University of Southern California, and a reporter for such publications as Entertainment Weekly, Newsweek, and Vanity Fair. He lives in Los Angeles. Mickey Rourke is an actor, a screenwriter, and a retired boxer. He won a Golden Globe Award in 2009 for his lead role in The Wrestler. He lives in New York City.

Frank Shamrock is a great inspiration of how hard work can make you a legend, not just in asport, but in life. The book was very honest and tells the entire life story of one of the best warriors that ever graced the martial arts world.

In this autobiography Frank Shamrock tells in all honesty about his disturbing life as he grew up. He admits the mistakes he has made in life and makes the reader aware of the ordeals he had to endure as a child. He truly became a legend against the odds, and the reader gets to understand how insignificant his career losses is compared to how he was thrown into the deep end as a fighter, winning and losing fights on his way to becoming a great fighter. One is not guaranteed to admire Frank as a person by reading his autobiography, but you will admire his feat of not losing a fight in a decade. This autobiography is can be used as a motivational book on how to succeed against the odds.

I believe you only live once, yet I still have a gut feeling that our souls may be re-incarnated from another era. If that is the case, Frank Shamrock was definitely a warrior in another life. Although he struggled as a young child and teenager, I believe his circumstances are what drove him to be a better person, an advocate for bullying and maintain a dedicated level of business etiquette that defines him and his brand. MMA allowed him to create the man he is today, the wonderful father, husband and brother he strives for in the future. Love you, Brother.

Frank Shamrock really takes you behind the scenes of all his difficulties growing up, his problems with his brother Ken, and with the UFC. I didn't know as much about Frank as I do about other mma fighters because the UFC kind of pretends he don't exist. He's never been on a countdown show or Primetime special; but through this book we get to learn about him. Frank is one of the top UFC and mma fighters of all time and I'd highly recommend buying this book to learn about him.

Won't be the last time I read this book...I'd always seen Frank Shamrock as a cocky, confident and physically-gifted MMA fighter.. on top of the worldHad no notion his early life was so messed up"Uncaged" should be a by-word for perseverance and the strength of human spiritOne snappy Marine Corps salute!

A great story about overcoming life's craziness. I have been a fan of Frank's since Pancrase. It was

great to read his thoughts on many of the historic fights he was in, though I found those chapters and descriptions to be too short...esp when he slammed Igor Zinoviev. The overall prose is pretty good. The narrative of the last chapter or two starts to run out of steam. Perhaps Frank was running out of things to talk about. Nonetheless, this is an inspiring read and I highly recommend it.

pleasant reading a real story, not as exciting reading as expected; however, here is another story on life.

To love this book you have to be passionate about this sport. It's not a book for all sports enthusiasts, but nevertheless, insightful and informative.

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