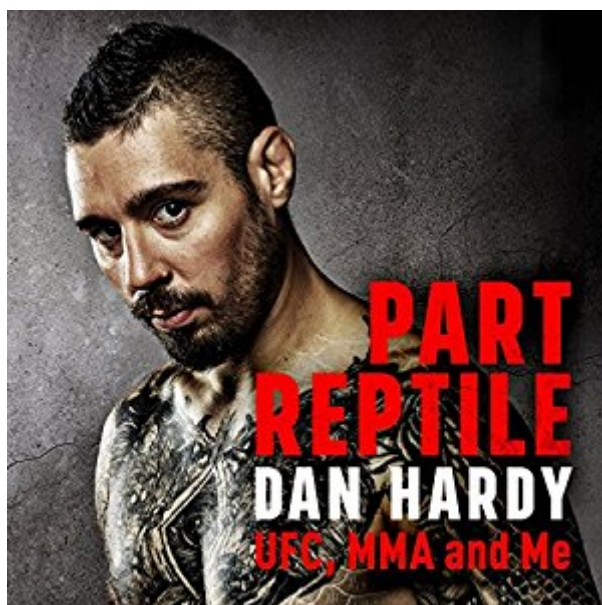


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# Part Reptile: UFC, MMA And Me



## Synopsis

For fans of Ronda Rousey's *My Fight Your Fight* and John Kavanagh's *Win or Learn* comes the first book from UFC fighter and now analyst Dan Hardy, who lifts the lid on his own career and writes with insight and eloquence on all things MMA and UFC, the brutal and ever-evolving sport that launched such superstars as Conor McGregor, Michael Bisping, Georges St-Pierre, Nate Diaz and Amanda Nunes. Dan Hardy's first book is much more than a straightforward MMA autobiography. Taking the key fights from his career, Hardy explores the sport with the unparalleled insight that has made him the best analyst working today from training in China with Shaolin monks to how MMA helped him channel his rage, to psychedelics and the ceremony in Peru that changed his life, to tapping in to his 'reptilian brain' and the psychological warfare of UFC, to his epic title fight with Georges St-Pierre. Hardy also speaks eloquently of the heart condition that forced him to stop fighting, the road to recovery, and the evolution of a sport that flies in the face of mainstream disapproval to entertain and thrill millions of obsessives around the globe.

## Book Information

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## Customer Reviews

In my opinion Dan Hardy is the best mma analyst in the world. And it seems his life experiences has helped him attain that greatness breaking down fights. I remember Dan Hardy fighting GSP at UFC 111 and never quitting throughout the fight. I thought that he must have been made of something special when he refused to quit on that deep armbar that night. Curiosity rose again when I found out Dan was recently released a book on his life experiences. In Part Reptile Dan Hardy goes over his

journey of being a martial artist to eventually being an elite mma fighting GSP for the welterweight belt. He details the rollercoaster ride he faced to reach the UFC including his many lowpoints before, during, and after. As well as his dabbles with hallucinogenic plants eventually leading him to shamans in the forest. He ultimately lands a job with the UFC breaking down fights, commentating, and doing interviews. Dan Hardy is an important figure in mma. And I feel his past UFC fights (including his championship battle with GSP), life experiences, and his love for martial arts has made him the best mma analyst today. Read his awesome book to get an in depth look into his fascinating story, excellent read!

Great book, well written, thoroughly enjoyed reading it!

Great read always wanted to know the man's story! It was awesome to see my favorite analyst become a fighter to a commentator.

I did finish the book, which I guess means something. Unfortunately the book was all about how wonderful Dan Hardy is an seemingly useless is all the other MMA fighters. Anyone who competes is high is my esteem

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