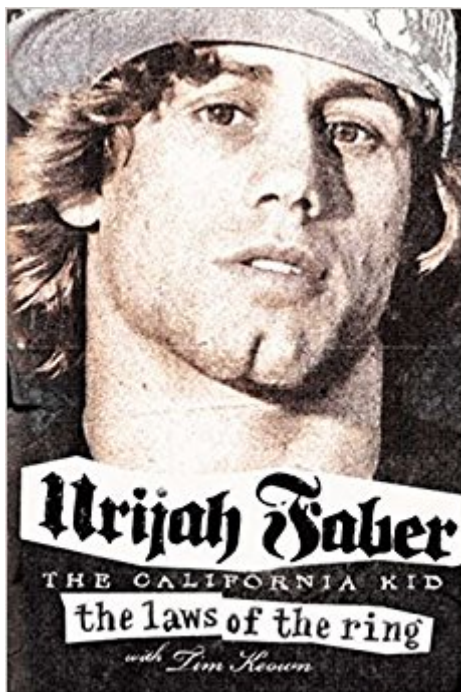


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# The Laws Of The Ring



## Synopsis

“The California Kid,” Mixed Martial Arts pioneer and former featherweight champ in World Extreme Cagefighting, Urijah Faber offers an unconventional and enlightening guide to mental dominance and personal success. The Laws of the Ring combines the wisdom of Robert Greene’s The 48 Laws of Power, the Eastern philosophy of the Sun Tzu classic The Art of War, and the humor of Got Fight? by Ultimate Fighting champion Forrest Griffin. The Laws of the Ring is, at once, a celebration of physical and mental toughness, a serious reflection on success and failure, a colorful account of Faber’s rise to greatness, and a fascinating look at life inside the cage.

## Book Information

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## Customer Reviews

“An absolute tour de force . . . it won’t just change the way you think about Faber. It will change the way you think about how you’re living your own life.” (Bleacher Report)

As one of the most exciting, charismatic fighters in MMA, Urijah "The California Kid" Faber is well known for his inventive style and cutting-edge approach to fitness. Outside the ring, his passion has motivated him to open his own fitness center, create a sports clothing line, lead a fight team, and, recently, to coach up-and-coming fighters in the television show The Ultimate Fighter. In The Laws of the Ring, part manifesto for success, personal journey, and meditation on a well-lived life, Urijah

relates the full story of how he has made a career out of a highly demanding sport. With his thirty-six "Laws of Power," Urijah draws on personal experience to share the life lessons he's learned along his unconventional path and shows readers how to take those lessons into their own worlds.

By now, it has become almost standard for mixed martial artists at the top of their game to pen a book. The bookshelves start to groan under the weight of first-person autobiographies by the likes of B.J. Penn, Matt Hughes, Brock Lesnar, Randy Couture, Jens Pulver, Brian Stann and others. Add to that list "The Laws of the Ring" by Urijah Faber, a/k/a "The California Kid." Having read most all of the MMA autobiographies available, I can say that Faber's book stands out. Faber offers more than the conventional "I fought this guy, then I fought that guy" type of narrative. He does mention some of the fights in his career, particularly the two fights against Mike Brown and against Dominick Cruz. Those hoping for a blow-by-blow chronicle of Urijah Faber's rise through the ranks of mixed martial arts will be disappointed. For example, you will learn very little about his bout with Jose Aldo, other than the fact that his leg took a beating from Aldo's repeated kicks. Instead, Faber positions this as both an MMA sports chronicle and a self-help motivational book. Each chapter offers an exposition on 36 different "laws of power." Faber is a charismatic character whose career rise within the sport models the mainstream evolution of the UFC and mixed martial arts. He is blessed with good looks. Men want to be like him. Women want to be with him, or perhaps even take him home as a pet. The pretty boy moniker has been both a blessing and a curse for Faber, tempting some to interpret or misinterpret his persona as soft. Here he is, a college educated kid, intelligent, from a middle-class family who is fighting some rather hardened characters. Although he may have an angelic mien, Faber has the heart of a warrior and makes it clear that he can kick ass. Recently, however, Faber's charisma has exceeded his success in the ring. He is a steady draw and his style of fighting is exciting. He's also extremely tough, since in some of his bouts he has broken both of his hands and has continued gamely fighting on against very tough odds. For those looking for a book on MMA, "The Laws of the Ring" will not disappoint. However, you do not need to be an MMA fan, a sports fan or Urijah Faber fan in order to enjoy this book. It has success lessons within it that Faber has learned through his blood, sweat and tears experiences in the WEC and later the UFC. His approach is positive and upbeat. So, "The Laws of the Ring" is packed with considerably more substance than one finds in the typical MMA memoir. Faber is no meathead. Early in his career, he was looking beyond his limited tenure in mixed martial arts and taking steps to secure himself financially. This came through apparel deals, endorsements, real estate investments, opening up

gyms, etc. His Team Alpha Male has been fabulously successful and has spawned many top ranked mixed martial artists. One can easily see Faber transitioning successfully from the Octagon to the broadcast booth. He is telegenic, with a Kirk Douglas-like chin dimple. He is articulate, intelligent and burns with a passion to excel in whatever endeavor he chooses. (True confession: My wife and I met Faber during an appearance he made in the Washington DC area in the spring of 2011 and found him to be a very friendly and gracious person.) It is difficult not to like and admire Uriah Faber. So, I heartily recommend "The Laws of the Ring" both for MMA fans and for fans of life success!

My twins are big fans of Uriah Faber and the train in his Rocklin UFC gym. They're only 9 and already read the whole book! They LOVE it!

Never heard of Urijah before reading this book, I am not hugely or even a little into MMA. MMA seems interesting, just never attracted to it other than when it is on. That said, Urijah's story transcends MMA and is both highly entertaining and inspirational to a wide variety of people. I read this on vacation after taking the bar exam and the humanizing voice of Urijah really hit me. He is brutally honest about other people, but also about himself and his hardships. This book will breathe some life into you no doubt and I highly recommend it.

This book was a fantastic read in every way. Urijah Faber is an excellent fighter who knows what he is doing. To be honest, I rarely think about the lives of fighters outside of MMA and the UFC. This book provided me with tons of information about Faber and his life, as well as tips to get where you want in life. Faber is a smart kid and he knows what he is talking about, obviously, since he is living his dream as a fighter. I pre-ordered this book, and the day it was released was the day I got it. By the end of that day, I was finished with it, ready to live it, and wanting to read it again. I have bought a few copies to give as gifts, and it still amazes me how smart and supportive he is. He wants everyone to succeed like he did, and it takes a really genuine person to say and think like that. Faber is the most positive person I know, and he is an overall great person from what I can tell. Buy the book now, or regret it until you do.

I wasn't sure what I was thinking when I bought this book. I'm a fan of Uriah but to be honest, I was judging his book by its cover & now that I've read it from beginning to end..I have much more respect for Uriah as a person than I ever did as a fighter! Uriah is a Unique Soul, I would have never

guessed his true personality without reading this book. Uriah has character that you won't find in most people. He has a sense of style that leads some people to believe he is some "pretty boy". To the contrary, Uriah is an extremely intelligent, cool, down 2 earth person who is a lot deeper than meets the eye! When you see him fight you know he's tuff but when you read his book you know he has his head on his shoulders and his tuff ness comes from the heart not the ego! This book has inspired me in many different ways. Thank You Uriah for being you!

This book should honestly be required reading for every high school junior. This book was powerful enough that, after reading it, I decided to make an investment and start my own business, and by running it according to the Laws of the Ring, stated by Faber, it has been a successful venture. Even if you're not in need of a motivational book, I would still advise it. I read it because Urijah Faber is one of my favorite fighters and I wanted to learn about his background, I thought it was an autobiography... and I was not disappointed. If this book can take someone expecting to read a life story, and end with them opening their own business on the principles of this book, I'm pretty sure the Laws of the Ring can speak for itself.

THIS IS THE FIRST BOOK I'VE EVER READ ALL THE WAY THRU, SOMETHING I'M NOT PROUD OF BUT THIS BOOK IS FULL OF ALL TYPES OF INSPIRATION NO MATTER HOW OLD OR YOUNG. I'VE ALWAYS STRUGGLED WITH THINKING THE GLASS IS HALF FULL IF YOU KNOW WHAT I MEAN ,AND I'M ALWAYS LOOKING TO CHANGE THAT READING THIS BOOK HELPED SECURE ME ON MY OWN PERSONAL FEELINGS ABOUT HAVING A POSITIVE ATTITUDE WILL LED TO GOOD THINGS. OH AND I OUGHT TO MENTION I BOUGHT THIS BOOK FOR MY SON AT CHRISTMAS 2013 AND STARTED READING THE FIRST COUPLE PAGES AND DECIDED TO GET MYSELF ONE NO REGRETS AT ALL.

Great book. More of a self-help type book than just a biography. Takes Faber's experience in training and in the cage and applies them to other people's everyday lives. Well put together and well written.

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