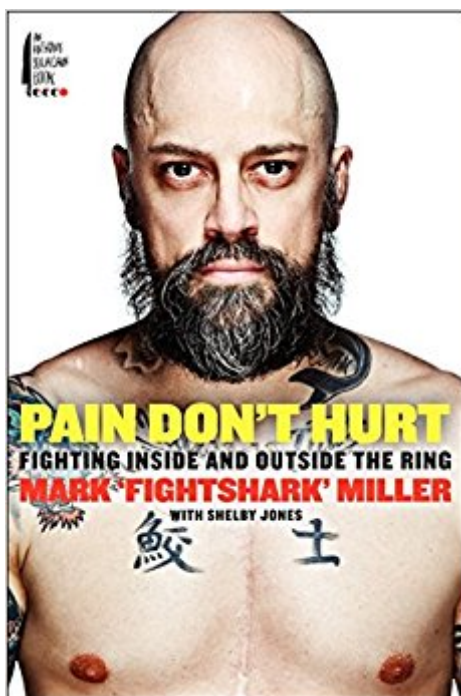


The book was found

Pain Don't Hurt: Fighting Inside And Outside The Ring



Synopsis

Pain Don't Hurt is the no-holds-barred memoir from the only professional fighter in history to return to the ring after open-heart surgery, kickboxer Mark Miller's "Fightshark" Miller's an inspiring story of family, determination, and redemption. In 2007, Mark Miller was a rising star in professional kickboxing, until a routine physical uncovered a serious condition that required open-heart surgery. The crisis helped to temporarily reunite his fractured family and made Miller more determined than ever to return to the kickboxing ring. But within a year, his parents and brother were all dead, and Miller's fragile optimism imploded, sending him into a tailspin of drugs and alcohol. Pain Don't Hurt is a story of incredible tenacity, dedication, and hard work—how one fierce competitor overcame repeated obstacles to realize his dreams. Miller recounts stories ranging from his childhood spent in the Steelers locker room to the surprising life lessons he learned from other fighters to his triumphant return to fighting in a Moscow kickboxing ring. He talks sincerely about family and fatherhood of the hard lessons about masculinity and violence learned from his father. He also offers an inspiring, exciting, and frank account of the fights both in and out of the ring that have shaped him. A deeply personal account of guts, blood, and glory, Pain Don't Hurt pays tribute to the never-say-die spirit embodied in a man who refuses to back down, no matter the odds.

Book Information

Hardcover: 224 pages

Publisher: Anthony Bourdain/Ecco; First Edition edition (July 15, 2014)

Language: English

ISBN-10: 0062222341

ISBN-13: 978-0062222343

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 26 customer reviews

Best Sellers Rank: #382,859 in Books (See Top 100 in Books) #49 in Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts #852 in Books > Sports & Outdoors > Individual Sports > Martial Arts #5212 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

"Miller takes a thoughtful but unsentimental look at his life as a professional fighter trying

desperately to overcome a dangerous heart condition, diabetes and a failing marriage [...]

Miller's tough-but-sensitive narrative voice is a force to be reckoned with. (Kirkus Reviews) "In this gritty memoir, kickboxer and MMA fighter Mark Miller documents his struggle to make peace with the demons spawned by his tragic family history. [] The prose is vibrant and clear. (Publishers Weekly) "Miller's book, *Pain Don't Hurt*, is more than a fight book. It's a sincere and particularly unapologetic account of his life. (MMA Fighting)

The no-holds-barred memoir from kickboxer Mark "Fightshark" Miller, the only professional fighter in history to return to the ring after open-heart surgery. In 2007, Mark Miller was a rising star in professional kickboxing, until a routine physical uncovered a serious condition that required open-heart surgery. The crisis helped to temporarily reunite his fractured family and made Miller more determined than ever to return to the kickboxing ring. But within a year, his parents and brother were all dead, and Miller's fragile optimism imploded, sending him into a tailspin of drugs and alcohol. *Pain Don't Hurt* is a story of incredible tenacity, dedication, and hard work—how one fierce competitor overcame repeated obstacles to realize his dreams. Miller recounts stories ranging from his childhood spent in the Steelers locker room to the surprising life lessons he learned from other fighters to his triumphant return to fighting in a Moscow kickboxing ring. He talks frankly about family and fatherhood—of the hard lessons about masculinity and violence learned from his abusive father. He also offers an inspiring, exciting, and frank account of the fights—both in and out of the ring—that have shaped him. A deeply personal account of guts, blood, and glory, *Pain Don't Hurt* pays tribute to the never-say-die spirit embodied in a man who refuses to back down, no matter the odds.

"*Pain Don't Hurt*" places the reader in Mark's shoes as he encounters and experiences family tragedy, the love and passion for kickboxing, dipping into the "dark side" of alcoholism, meeting new friends, and a congenital heart defect that tries to slow his role in life only to make him rise again a stronger warrior after surgery. Mark's memoir is told with an unblinking eye and raw emotions as each (fast-paced) chapter leads the reader into wanting more. Truth can be stranger than fiction, and Mark [with Shelby] show the reader just that. I had a son who passed away due to a congenital heart defect, and reading "*Pain Don't Hurt*" allowed me to visualize the moments I could've experienced in the future with my own son standing up against his heart defect and pursuing a life-long dream. You don't need to be a kickboxer for this book to hit home, for you'll get to know that

there is also a "fighter" in you.

There was never any real question about whether or not I'd buy it. They're my friends and you support your friends. I'm not going to lie to you and say that Shelby and Mark are particularly close or that I know them well. Until the day comes where I have an opportunity to meet them face to face, they're "Internet Friends". Now that we've dispensed with "full disclosure"... How is the book? I am an avid reader of history and biography. I can devour all 1100+ pages of William Shirer's "Rise and Fall of the Third Reich" in a week or so. When I started reading this book, I was 6 chapters in before I put it down. 24 hours after receiving the book, I was about halfway done, and I finished it later that afternoon. It's an engrossing read. Mark's voice in this book is almost conversational in tone. It is easy to imagine him sitting in front of you telling his story. The book begins almost like falling through a trap door. It takes, at most, 2 or 3 sentences to drop right into the middle of a childhood that, by his own admission, is dysfunctional to an alarming degree. In fact, large tracts of this book recount tragedy after tragedy in disturbing detail. Here's the catch. You don't really feel that much sympathy for Mark while you're reading this. A lot of his wounds are self-inflicted although many of the worst things are far beyond his control, and he doesn't waste words in telling you so. He doesn't insult your intelligence by telling what is and isn't his fault. He tells it like he saw it. That's where you start feeling a connection with Mark. He doesn't waste a lot of pages giving you stale philosophies like so many other biographers do. He tells his story. He doesn't try to be even handed. He doesn't dive into uncomfortable details about the people in his life that are so rampant in celebrity biographies in order to generate headlines and buzz. He unabashedly states his love and shows respect for the people in his life and has done a better job of coming to terms with the pain in his life than I have, or that most other people I know have. I found it interesting that some critics claim that he "skims over" some of the painful episodes in his life, yet there are so many that going into detail on each episode would make this book much MUCH longer than Shirer's history of Nazi Germany. The biggest surprise is that after reading page after page of abusive parents, congenital heart defects, medical issues, alcoholism, drug usage, pain, and suffering, the book ends on an almost shockingly uplifting note. He's a fighter, blood and bone. It becomes clear by the end of this book that while his life has undeniably shaped him, he is not a helpless victim of circumstance. His struggle inspires the reader to fight their own battles, however they can. I wouldn't trade places with Mark for anything in the world, but I admire his courage and his willingness to open himself to others despite circumstances that would harden anyone. After reading this book, I know Mark a whole lot better now. Isn't that what a good biography is supposed to accomplish? I highly recommend this

book. It doesn't have any sage advice or "Chicken Soup for the Soul"-style fluff. It's gritty, it's dirty, but in the end you can look at someone like Mark and think "If he can handle all that, I can handle the troubles in my own life." That's true inspiration.

Amazingly and honestly written. Unputdownable! This book is for everyone, not just athletes. Reading Mark Miller's raw and inspiring story has given me so much perspective on my own life, and it will for yours. READ THIS BOOK NOW.

As a fellow Congenital Heart Disease Warrior raised in the 70's, Mark's book "Pain Don't Hurt," is applicable to people from all walks of life. It is not about triumph inside the ring, but standing strong against life's battles. Knowledge of Kickboxing and Martial Arts is not a prerequisite. The Fightshark's unapologetic, no holds barred, raw recount of his fight to live despite the odds helped my perspective in my own life and will do so for anyone who reads it.

If you are a fan of Kickboxing, this is the book for you. There are not many out there anyhow, much less from the K-1 era. This book is a journey thru the author's life, personal struggles and his passion for the sport. I really enjoyed the chapters about his beginnings in the sport and the relationship with Maurice Smith as his coach and friend. Also the final chapter about his last fight portrait in the book (not in his career) is vivid, fast pace and just an awesome read.

If you ever doubt your strength to overcome anything; read this book. It will show you how much strength is inside when you fight to show it. So much more than a book about fighting, it is about FIGHTING with everything for everything and finding that your limits are not limits.

From the first sentence I was drawn in. This story is a definite must read for anyone who has been knocked down by life, and felt like giving up. A definite page turner.

A magnificent read about life, bad choices, obstacles, chasing your dream and suffering. Where most people would have thrown the towel in on life, Miller is able to persevere. Grab a copy, you won't be disappointed.

[Download to continue reading...](#)

Pain Don't Hurt: Fighting Inside and Outside the Ring Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee

problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Don't Hurt People and Don't Take Their Stuff: A Libertarian Manifesto Ring of Power: Symbols and Themes Love Vs. Power in Wagner's Ring Cycle and in Us- A Jungian-Feminist Perspective (Jung on the Hudson Book Series) The Engagement Ring: How to Choose the Perfect Engagement Ring and Get It Right First Time The Culper Ring: The History and Legacy of the Revolutionary War's Most Famous Spy Ring The Ring of Truth: The Wisdom of Wagner's Ring of the Nibelung Goodbye, Hurt and Pain: 7 Simple Steps for Health, Love, and Success Why Do I Still Hurt?: Rapid Relief for Chronic Pain, Depression, Anxiety, and More ! Goodbye, Hurt & Pain: 7 Simple Steps for Health, Love, and Success Where Does My Horse Hurt?: A Hands-On Guide to Evaluating Pain and Dysfunction Using Chiropractic Methods Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) What Therapists Don't Talk about and Why: Understanding Taboos That Hurt Us and Our Clients Why We Hurt: A Complete Physical & Spiritual Guide to Healing Your Chronic Pain Why Does Mommy Hurt?: Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)