



Uncaged: My Life as a Champion MMA Fighter

Frank Shamrock, Charles Fleming

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Before Frank Shamrock became known professionally as “The Legend”—winning almost every mixed martial arts title in existence—he endured a childhood marred with abuse, neglect, and molestation that led to an equally troubled young adulthood. This riveting book tells his whole story: his neglect as a child by his hippie mother and absentee father, his salvation under the foster father who took him in when no one else would, his desperate act of armed robbery and subsequent incarceration in state prison, and his eventual rebirth as a cage fighter who would go on to dominate the entire sport for the next two decades. Detailing his fights inside and outside of the ring, it discusses the people and events that enabled him to become a champion as well as his problems with the Ultimate Fighting Championship and the reasons behind his retirement. With eye-opening depictions of the world of mixed martial arts fighters and refreshing candor, this thrilling story of sex, violence, crime, and redemption reveals the numerous pitfalls a famous fighter encountered in his life and how he successfully overcame them to become a champion in every sense of the word.

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