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Win or Learn: MMA, Conor McGregor and Me: A Trainer's Journey (Paperback)

By John Kavanagh

Penguin Books Ltd, Ireland, 2016. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Growing up in Dublin, John Kavanagh was a skinny kid who was frequently bullied. After suffering a bad beating when he intervened to help a woman who was being attacked, he decided he had to learn to defend himself. Before long, he was training fighters in a tiny shed, and promoting the earliest mixed-martial arts events in Ireland. And then, a cocky young lad called Conor McGregor walked into his gym .In Win or Learn, John Kavanagh tells his own remarkable life story - which is at the heart of the story of the extraordinary explosion of MMA in Ireland and globally. Kavanagh has become a guru to young men and women seeking to master the arts of combat. And as the trainer of the world's most charismatic male MMA star, he has become a magnet for talented fighters from all over the world. Kavanagh's portrait of Conor McGregor - who he has seen in his lowest moments, as well as in his greatest triumphs - is a revelation. What emerges from Win or Learn is a remarkable portrait of ambition, discipline,...

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