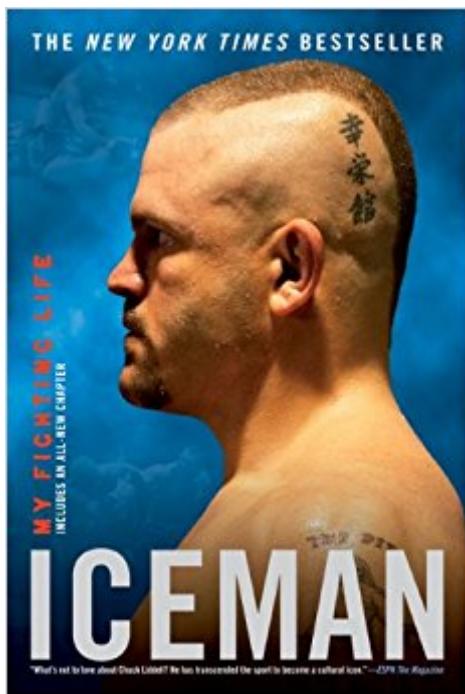


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# Iceman: My Fighting Life



## Synopsis

“The New York Times bestseller from the baddest man on the planet” •with photos and a brand new chapter.Chuck Liddell is the face of the Ultimate Fighting Championship, and superstar of Mixed Martial Arts -- the fastest growing sport in America. In 1998, he won his first Mixed Martial Arts fight, soon after joining the UFC to become the #1 ranked light-heavyweight contender in the world. He is a walking lethal weapon. Here, for the first time, is the story of Chuck Liddell inside and outside the Octagon•from his childhood in the poor section of Santa Barbara to the bloodiest battles of his career, to balancing life as a father, a UFC champ, and a superstar. With never-before-seen photos•and an all-new chapter added for this edition•Iceman is the true, no-holds-barred story of Chuck Liddell’s fight to become a champion.

## Book Information

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## Customer Reviews

Whats not to love about Chuck Liddell? He has transcended the sport to become a cultural icon. He is The Guy for most guys, a real-life hero in a world of spoiled, whiny poseurs. Arnold, without the script. "ESPN The Magazine" Around 80 percent of the fighters have college degrees, including Chuck Liddell, who may look like a bouncer at a biker bar but was an accounting major at Cal Poly. "Sports Illustrated" Liddell, thirty-seven, who stands 6'2"and weighs 220 pounds, has become mixed martial arts most recognized superstar. "USA Today""What's not to love about Chuck Liddell? He has transcended the sport to become a cultural icon. He is The Guy for most guys, a real-life

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Chuck Liddell is the former light heavyweight champion of the Ultimate Fighting Championship. Liddell is a mixed martial artist with a background in kempo karate, in which he holds a black belt, Koei-Kan Karate-Do, Kickboxing, and Collegiate Wrestling. Liddell is considered by MMAWeekly.com to be the #1 ranked light heavyweight fighter in the world. An accounting major at Cal Poly San Luis Obispo, he still lives and trains in the SLO. Check out his Web site at [www.icemanmma.com](http://www.icemanmma.com) .Chad Millman a deputy editor at ESPN The Magazine, is the author of The Detonators and The Odds and co-author of Invincible and Pickup Artists. He lives in Montclair, NJ with his wife and two sons. Visit his website at [www.chadmillman.com](http://www.chadmillman.com) .

Great book! Chuck's life is very interesting,full of great stories and accomplishments. Easy read.

This book is absolutely amazing. Its a book written by the great MMA fighter Chuck Liddell about his life. From the moment he was born and later raised by his grandfather and mother till his victorious fight he held in the UFC against Wanderlei Silva.Besides all Chuck's feedback and tips about his different MMA fights, his book gives a lot of fighting principals and lessons that any martial artist would learn from. For example, I particularly liked the part about Chuck's earlier fight in his life against a bunch of bullies in the street where he makes sure his back is against the wall so he can have all his opponents on the same side! He was able to defeat them all together.He also speaks about his training strategy before the big UFC fights, which we all can learn from and immitate.Very courageously also, Chuck shares with us his mistakes, which some led to losses, for us to learn from. He was quite honest and straight forward in his book.The book is well written and very

interesting. It is divided into 47 small chapters with very exciting language and ideas, which makes reading the book quite useful and also fun. I highly recommend this book.

This book was everything the Matt Hughes effort wasn't. Liddell speaks in detail about his fights, his overall strategies, and specific tactics against particular opponents. The man comes across as likeable and intelligent. He does us a favor by sparing us stories of his childhood years, and skips right to the meat of the book. I learned a lot of interesting things; Dana White trained at the same gym as Chuck Liddell - so did the Fertitta brothers. Liddell lost his manager because of a disagreement over TUF2 - the man thought he should have been paid more money and Chuck realized this was necessary both for the sport and his recognition. The UFC launched their TUF reality show completely on their own dime and then pitched it for free to any network willing to take a chance! These are the kinds of things I really wanted an insight into and Liddell's book delivers in spades. The Matt Hughes book, in contrast, gave me nothing. I wasn't a fan of Chuck's prior to reading this novel, but I am now. It's obvious that he cares passionately about the MMA game and I hope he manages to recapture the LHW belt.

this book is a great book if you like the ufc and are interested on the making of a ufc fighter. it is very well written and very easy to follow. i know after reading it i have a very different opinion of chuck liddel. the book takes you from his birth and his family and tells how he was a cripple as a very young boy. it tells who had a big part of showing him the way to manhood. more importantly it tells of how there is much more to the man than what we see when he fights. i always thought he is a great fighter but now i also think he is a great man out of the ring and i find myself really bumming out as lately he has fought some very tough men and has not fared well. i'd hate to see him quit but i don't want to see him get his brain scrambled either. he is too smart for that. i hope it's an intense book by an intense ufc fighter. he is number 1 in my book

A straight-ahead MMA bio that does a terrific job describing the actual fights. Liddell is a tough guy and knows it, but his book is honest and does a great job of describing the world of MMA from one of its complete legends.

Not since "A Little Evil: One Ultimate Fighter's Rise to the Top" - which chronicled the life of MMA fighter Jens Pulver - has a book been written with such lucidity and honesty about the life of an MMA fighter. This book depicts Liddell's life, from his early childhood influences to his lascivious

escapades after his big wins. The book is written in a straightforward and insightful manner - it doesn't get boring or redundant. Every chapter has a little moral or lesson. In one chapter, for example, Liddell says, "to me, losing as a man is better than winning as a coward." This comment, of course, is an indirect reference to Tito Ortiz. This book is at the forefront of what appears to be a forthcoming flood of MMA biographies. It is a must read for any true MMA fan.

If you are a UFC or Chuck Liddell fan you will likely enjoy this book. It isn't the BEST book I've read in terms of a "behind the scenes" story (see Eric Bishoffs book I also reviewed which I find was the best non-fiction read like this in a while for me) but it does go into detail on chucks life before the UFC as well as in the UFC. He gives somewhat interesting thoughts on each of his big matches, from Tito, the titles, his relationship with Dana White, but I can't say I was turning pages or sharing what I read with friends. It's like an ongoing interview from someone who has been there, done that, and wants to tell you all about how it went each step of the way. It was a good read in general being a UFC fan, and if you are it's probably worth the time to read it.

This is a must read for any MMA fan. What made Chuck Liddell the icon that he has become wasn't only his skill in the cage but rather his fearless attitude and willingness to fight anyone at anytime. I found this book to be both entertaining and inspirational and read it cover to cover in two days. Chuck is a fighter in every sense of the word and reading his book allows you to see more of the man that is probably the most recognizable name in MMA.

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