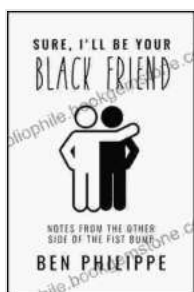


Notes From the Other Side of the Fist Bump

A Novel Perspective on the MMA World

In the world of mixed martial arts (MMA), there are two sides to every story. There's the side that the fans see, the side that's full of adrenaline and excitement. And then there's the other side, the side that's full of pain, sacrifice, and doubt.



Sure, I'll Be Your Black Friend: Notes from the Other Side of the Fist Bump by Ben Philippe

★ ★ ★ ★ ☆	4.4 out of 5
Language	: English
File size	: 3401 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 320 pages
X-Ray	: Enabled
Paperback	: 384 pages
Item Weight	: 1.11 pounds



In his new book, *Notes From the Other Side of the Fist Bump*, former UFC middleweight champion Chris Weidman gives readers a unique glimpse into this other side of MMA.

Weidman, who retired from fighting in 2020, shares his firsthand experiences and insights on the sport, including the intense training, the mental challenges, and the camaraderie among fighters.

The book is a must-read for any fan of MMA. It's an honest and unflinching look at the sport, and it offers a rare glimpse into the lives of the fighters who make it all happen.

Weidman's Journey to the Top

Weidman's journey to the top of the MMA world was a long and difficult one. He started out as a wrestler in high school, but he quickly realized that he had a passion for fighting.

After graduating from high school, Weidman attended Hofstra University, where he continued to wrestle. He also began training in Brazilian jiu-jitsu and boxing.

In 2009, Weidman made his professional MMA debut. He quickly rose through the ranks, and in 2013, he defeated Anderson Silva to win the UFC middleweight championship.

Weidman held the championship for three years, and he defended it successfully five times. However, in 2018, he lost the title to Robert Whittaker.

Weidman continued to fight after losing the championship, but he never regained his former glory. He retired from fighting in 2020 with a record of 15-6.

The Other Side of the Fist Bump

In *Notes From the Other Side of the Fist Bump*, Weidman shares his firsthand experiences and insights on the MMA world.

The book covers a wide range of topics, including the intense training, the mental challenges, and the camaraderie among fighters.

Weidman also discusses the dark side of MMA, including the injuries, the financial struggles, and the mental health issues that many fighters face.

The book is a must-read for any fan of MMA. It's an honest and unflinching look at the sport, and it offers a rare glimpse into the lives of the fighters who make it all happen.

Praise for *Notes From the Other Side of the Fist Bump*

"Notes From the Other Side of the Fist Bump is a must-read for any fan of MMA. Chris Weidman gives readers a unique glimpse into the world of mixed martial arts, and he does so with honesty and candor. The book is full of insights and anecdotes, and it's a fascinating look at the sport and the people who compete in it." - **Joe Rogan, UFC commentator**

"Chris Weidman is one of the most respected fighters in the history of MMA. In Notes From the Other Side of the Fist Bump, he shares his firsthand experiences and insights on the sport, and he does so with honesty and candor. The book is a must-read for any fan of MMA." - **Dana White, UFC president**

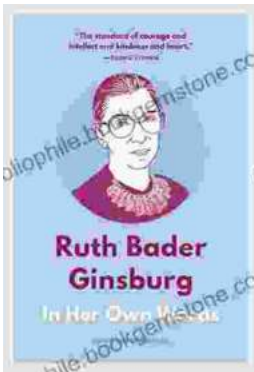
"Notes From the Other Side of the Fist Bump is a fascinating look at the world of MMA. Chris Weidman gives readers a unique glimpse into the sport, and he does so with honesty and candor. The book is a must-read for any fan of MMA." - **Georges St-Pierre, former UFC welterweight and middleweight champion**



Sure, I'll Be Your Black Friend: Notes from the Other Side of the Fist Bump by Ben Philippe

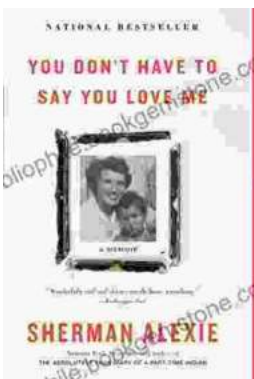
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In Her Own Words, In Their Own Words is a powerful and inspiring collection of stories from women who have overcome adversity and achieved their dreams....



You Don't Have to Say You Love Me: A Lyrical Journey Through Heartbreak and Triumph

In the annals of popular music, few songs have captured the raw emotions of heartbreak and triumph with such poignant eloquence as Dusty Springfield's timeless...

