



# Pain Don't Hurt: Fighting Inside and Outside the Ring

*Mark Miller, Shelby Jones*

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## **Pain Don't Hurt: Fighting Inside and Outside the Ring** Mark Miller, Shelby Jones

*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 “Fightshark” Miller—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.

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Book is to be different for every single grade. Book for children right up until adult are different content. To be sure that book is very important for us. The book Pain Don't Hurt: Fighting Inside and Outside the Ring seemed to be making you to know about other knowledge and of course you can take more information. It is extremely advantages for you. The guide Pain Don't Hurt: Fighting Inside and Outside the Ring is not only giving you considerably more new information but also being your friend when you really feel bored. You can spend your own spend time to read your e-book. Try to make relationship using the book Pain Don't Hurt: Fighting Inside and Outside the Ring. You never truly feel lose out for everything should you read some books.

#### **Verna Riddle:**

The book untitled Pain Don't Hurt: Fighting Inside and Outside the Ring contain a lot of information on the item. The writer explains her idea with easy way. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read that. The book was authored by famous author. The author will take you in the new age of literary works. It is possible to read this book because you can keep reading your smart phone, or model, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice read.

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#### **David Murray:**

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