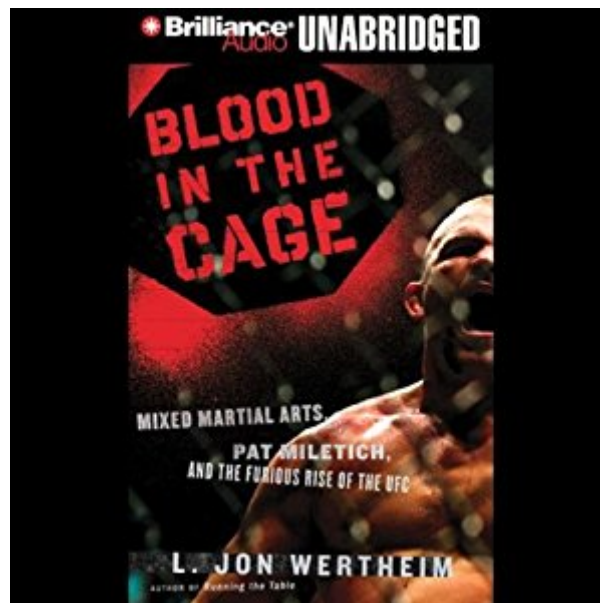




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# Blood In The Cage: Mixed Martial Arts, Pat Miletich, And The Furious Rise Of The UFC



## Synopsis

Based on unique access to the Ultimate Fighting Championship (UFC) and its rival organizations, *Blood in the Cage* peers through the chain-link Octagon into the frighteningly seductive world of mixed martial arts, which has exploded in popularity despite resistance. Wertheim focuses on Pat Miletich, who runs the most famous MMA training school in the world. Single-handedly Miletich has transformed a gritty town on the banks of the Mississippi into an unlikely hotbed for his sport. He has also transformed many an average Joe into a walking weapon of destruction. Wertheim intertwines Miletich's own life story, by turns tragic and triumphant, with the larger story of the incredible rise of the UFC, from its controversial, back alley roots to the fastest growing sports enterprise in America. For fans of Jeff MacGregor's *Sunday Money* and Sam Sheridan's *A Fighter's Heart*, *Blood in the Cage* takes readers behind the scenes, right down to the mat, from a punch in the kidney to the ping of the cash register, as Wertheim brilliantly exposes the no-holds-barred reality of the blood sport for a new generation. Advance Praise for *Blood in the Cage*: "In *Blood in the Cage*, L. Jon Wertheim tells the story of Pat Miletich, the consummate professional athlete turned world-class trainer. Miletich is someone for whom I have considerable respect and admiration and who puts his athletes and our sport first and foremost." — Randy Couture, UFC champion --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Excellent book mainly about Pat Miletich. I pretty much read this in one sitting. It's really well written and gives a bit of the history of MMA.

This was an insightful view into the world of MMA and the rise of the UFC. Pat Miletich is one of the main reasons the UFC took off. Would have loved to see him fight. Great book. Well written.

Very good book if you have even a small interest in MMA. It gives an interesting account of Pat Miletich's life, but it also sheds light on many other aspects of the UFC, and the origins of MMA. Lots of stories about other fighters (not just Pat and his crew). Also tells the story of Dana White and the Fertitta brothers and how they became involved with the UFC, and eventually changed the MMA world. I highly suggest this book, best I have read in a long time.

I only gave it 4 stars, because there has to be something out there that is better. Is this a good reason to only give it 4 stars? Not when I was reading it. An easy read. This book covered so well how Pat Miletich had an effect on MMA. Also, a great book to find out the early rise of the UFC, which I knew very little about. It was a much better book than I expected.

This book is great! Pat Miletich is the original MMA fighter!

As someone not familiar with the sport of MMA, I bought this book because I have enjoyed the author's previous work. And boy, am I glad I picked this one up! Terrific writing illuminates the world of UFC and the fastest growing sport in the world; MMA. Anyone currently a fan of Pat Miletich and his bloody yet thrilling escapades would do well to read "Blood", but the real winners are sports fans like myself who, until now, had turned up their noses at MMA. After reading the book and watching some highlights on YouTube, I am thoroughly impressed with the athleticism, dedication, and sportsmanship of the competitors. Though it appears that UFC CEO Dana White is now in over his head in terms of controlling a billion dollar business, I see nothing but good things for the sport. Best to Miletich, the competitors of MMA, and, certainly, author L Jon Wertheim for their fine work. Highly recommended to all sports fans!

Excellent book about the rise of the UFC, from the early days where there were "no rules" to Zuffa's purchase and attempt at mainstream.

I'm a late comer to MMA and Blood in the Cage is an excellent, well written and researched book on the history of the sport. L. Jon Wertheim pulls no punches (ah heh!) showing the dysfunctional

side of the sport and the business. It's all done with a critic's eye and a fan's heart.

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