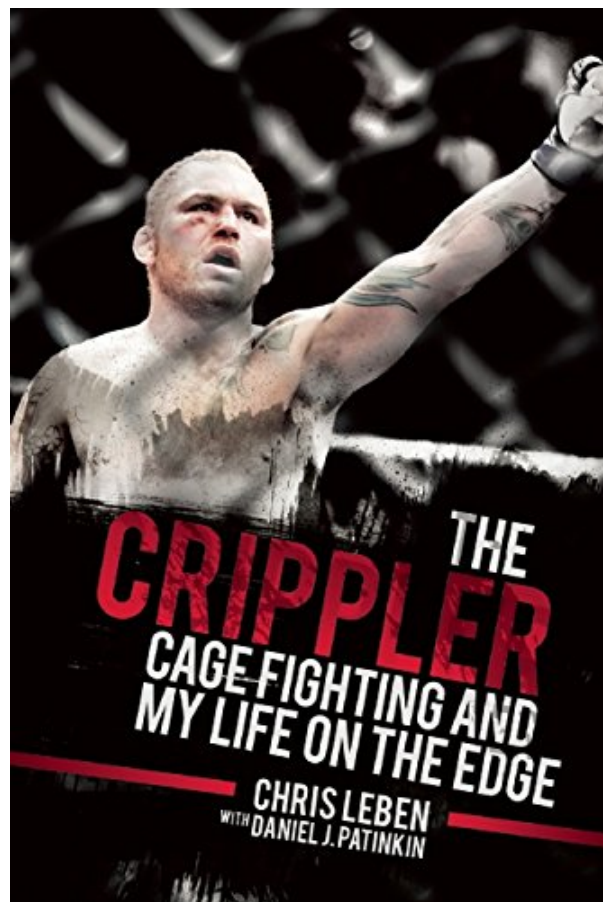
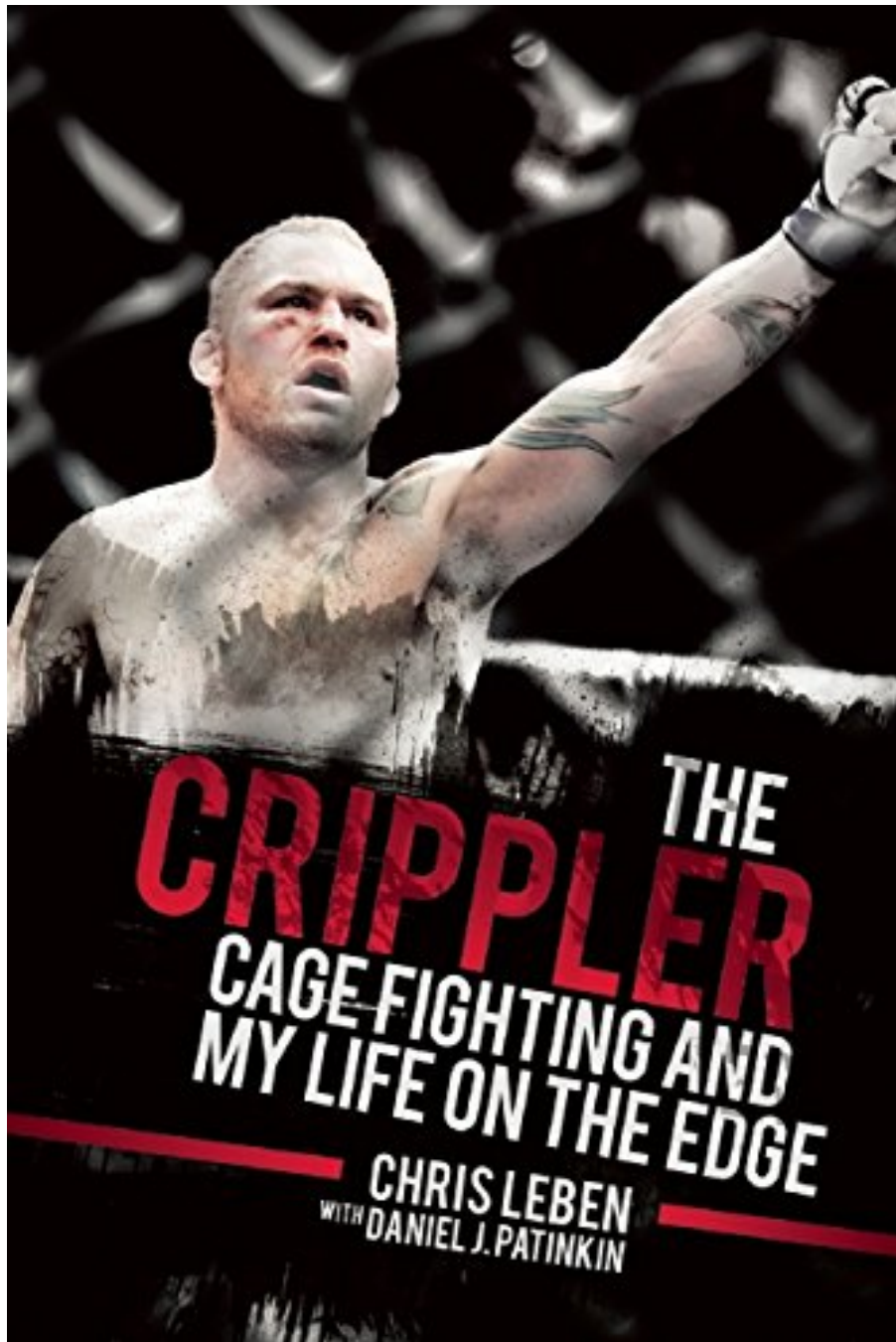


**THE CRIPPLER: CAGE FIGHTING AND MY  
LIFE ON THE EDGE BY CHRIS LEBEN,  
DANIEL J. PATINKIN**



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**The Crippler: Cage Fighting And My Life On The Edge By Chris Leben, Daniel J. Patinkin.** In undergoing this life, lots of people always try to do and also obtain the most effective. New understanding, experience, lesson, and also everything that can enhance the life will be done. However, many individuals in some cases feel puzzled to obtain those points. Feeling the minimal of experience and sources to be much better is one of the lacks to have. Nonetheless, there is a really basic point that could be done. This is exactly what your teacher constantly manoeuvres you to do this one. Yeah, reading is the response. Reviewing a book as this The Crippler: Cage Fighting And My Life On The Edge By Chris Leben, Daniel J. Patinkin as well as various other recommendations could improve your life quality. How can it be?

## Review

"Instead of whitewashing those personal failures into a hero's journey, Leben's book reads as a mix of war stories and regrets, an unvarnished look at the life behind a name that helped put MMA over to the reality-TV-watching public, and a confession." —Vice

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"Chris Leben is one of the most colorful and forthright characters the UFC has ever seen, and The Crippler—while not always pretty—is an incredible look behind the scenes at a legendary fighter who has admittedly battled his share of demons over the course of a very memorable career. Chris holds nothing back, and his brutal honesty makes it hard to put this book down." —John Morgan, award-winning MMA reporter for MMAJunkie.com and USA Today

"[The Crippler] indulges readers, whether a fan of MMA or not, in the life of an individual's struggle to teeter on extremes and, in the end, find their way closer to the fulcrum. . . . This book is well deserving of all five possible stars." —MMA Latest

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#### About the Author

Chris Leben is a ten-year veteran of the Ultimate Fighting Championship. While growing up in Portland, Oregon, he became interested in mixed martial arts at an early age. After being a participant on first season of *The Ultimate Fighter*, Leben went on to put together a 22–12 record and become a fan favorite before retiring in January 2014. Leben currently lives and coaches MMA fighters in San Diego, California.

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It takes a certain kind of person to do whatever is necessary to make a living as a mixed martial arts fighter. And it takes another kind of person to stand out from all the rest as both a wild man and a rock star. Chris Leben, otherwise known as “The Crippler,” is that kind of person.

Leben’s reputation started when he appeared on the inaugural season of *The Ultimate Fighter*, a reality show and competition where hopeful fighters live together and vie for a UFC contract and a path to greatness. He quickly made a name for himself with his controversial and abrasive behavior. During his subsequent ten-year career in ultimate fighting, Leben became one of the most recognized figures in the sport, enthraling audiences around the world with his wild, head-first style of fighting as he took on some of the world’s best fighters, including Anderson Silva, Yoshihiro Akiyama, and Wanderlei Silva.

But Leben’s success in the ring and international fame hid a troubled background. Abandoned by his father at a young age, Leben’s mother worked long hours to raise him and his two siblings, and Leben learned early he had to be tough to fend for himself. For most of his life, Leben struggled with alcohol and narcotics, and he was suspended by the UFC for nine months for testing positive for performance-enhancing drugs. *The Crippler* is not just an exciting account of his rise to prominence within the UFC; it’s the incredible story of a renowned wild man dealing with his personal demons and learning that the toughest opponent is always yourself.

Skyhorse Publishing, along with our Arcade, Good Books, Sports Publishing, and Yucca imprints, is proud to publish a broad range of biographies, autobiographies, and memoirs. Our list includes biographies on well-known historical figures like Benjamin Franklin, Nelson Mandela, and Alexander Graham Bell, as well as villains from history, such as Heinrich Himmler, John Wayne Gacy, and O. J. Simpson. We have also published survivor stories of World War II, memoirs about overcoming adversity, first-hand tales of adventure, and much more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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#### Most helpful customer reviews

7 of 8 people found the following review helpful.

another dull expose'.

By Don Herakovich

What a surprise!!! Heard about this book while eavesdropping in the gym..there was a lot of buzz about "*The Crippler*". I went to Amazon and read about it and promptly ordered one for myself. I COULD NOT PUT THIS BOOK DOWN. I expected it to be about MMA as blood sport, i.e. another dull expose'....NO, it was more about the humanity (and sometimes the endured inhumanity) of this fighter's life--his struggles, his addictions, his triumphs, his hard-to-believe-but-true life experiences--it is about more than just a jaw-breaking uppercut or a kick-to-the-head (although there are many of those), its a great read. Prepare to be "knocked out" by this AWESOME book.

3 of 3 people found the following review helpful.

Cagetastic

By Ryan Michael Doolittle

Once again Dan Patinkin brings the noise AND the funk with his cagetastic tale of Chris Leben's unreal life experiences as an MMA fighter and beyond. If you like MMA and you like words on a page, "The Crippler" belongs in your life.

6 of 8 people found the following review helpful.

What a great book

By rustybeans

Wow. This book was honest, revelatory, fun and impossible to put down. I learned a lot not just about Chris Leben and MMA but about the internal life of someone from incredibly adverse circumstances. I have the feeling that people will see more of themselves in Chris's story than they'd care to admit, though in Chris's case the demons are born of things that would derail most people before they got started. So many of the themes of the book are universal - trying to transcend one's past to build relationships, external competition vs. internal demons, the individual vs. the corporation, how the professional and the personal are intertwined. It's rare that a book is so unflinching in its look at a person's real life. It's like a window into someone's soul. Keep fighting Chris Leben.

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