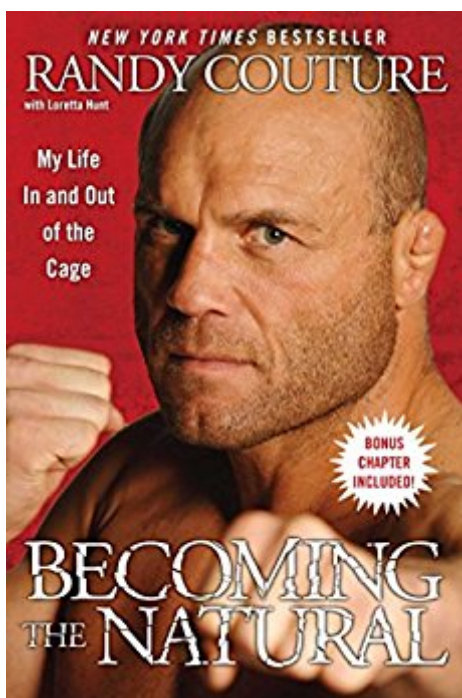


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# Becoming The Natural: My Life In And Out Of The Cage



## Synopsis

Randy Couture -- voted "The Greatest Fighter of All Time" by viewers' choice -- recounts his record-breaking career, which has made him an undisputed UFC legend. Randy Couture wins fights with the seemingly effortless ease with which lesser mortals eat or breathe. He's the only athlete to have held championship titles in both the heavyweight and light heavyweight divisions of the UFC, and he's the only six-time title earner in UFC history. In *Becoming the Natural*, Couture tells his story for the first time, beginning with a childhood spent in search of an elusive father figure, followed by the pure adrenaline rush that accompanied his first wrestling bout in grade school. In 1997, at the age of thirty-three, Couture made his UFC debut, defeating two opponents in the heavyweight class and then scoring a TKO victory against Brazilian phenom Vitor Belfort to earn the nickname "The Natural." He won his first heavyweight title that same year. At the age of forty, he defeated five-time defending champion Tito Ortiz for the undisputed light heavyweight title. Couture retired in 2006, only to reemerge the following year and seize the heavyweight championship title once again. *Becoming the Natural* is the remarkable story of one of the world's most gifted and dedicated athletes -- a born fighter whose skill and showmanship have helped to lift mixed martial arts out of the shadows and into the mainstream.

## Book Information

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## Customer Reviews

I enjoyed reading this book. I was hoping for greater detail regarding his alkaline diet approach, as this and his ability to compete at his age, intrigued me. I knew very little about him prior to reading this book, other than his late age involvement in UFC and that he beat Tito, who needed beating. At any rate, he seems like a pretty cool guy. I was amazed at his third romance though. It made me think of that Michael Boltz song When A Man Loves A Woman. If that many people were trying to warn you off a relationship, and at least some of them genuinely care about you and your best interests....they surely might not ALL be wrong...I cringed to read that part of the saga. I sincerely hope he finds whatever it is he is truly longing for. The other cringy part of biographies is the opportunity for the author to say their piece about a former spouse or colleague and the reported on, has no counter action. As a person, he seems to take little responsibility for his failed marriages or considers the selfishness of his own actions. That bothered me, because he seems so in tune with his workout regimen and where he was failing in training, and give every effort to fix it. But over all, his journey was an interesting one, and I am impressed with those who are brave enough to face the criticism, vulnerability, and scrutiny that inevitably comes from opening your life up in written form. And to any honest biographer, I salute them for that. I think his hilarious comments about his cauliflower ear were great. In conclusion, if you are interested in Couture at all, I think you will like this read.

I really enjoyed this book and was blown away by it. It was one I could not put down once I started it. Randy is a courageous athlete, but even more courageous in this book. Not only is he willing to share all the highlights of his fighting career, but he also opens up and shares who he is as a person. He shares both his good, and not so good, choices he's made in his life and the struggles he's gone through. Randy seems almost superhuman in the ring, but by opening himself up as he does in this book, he is even more amazing. I don't know many people, especially public figures as Randy's become, that are so willing to let you into their lives as Randy has done here. This is a truly interesting look into Randy Couture and an entertaining book if you are at all curious what makes Randy, "The Natural."

If you're already a Randy Couture fan (as I am), this book is a MUST. If you're new to Mixed Martial

Arts (MMA), this fine book will introduce you to the ambassador of the sport. Well written and easily read, the book takes you through the ups and downs of the entire life of Randy Couture..... and gives us a picture of what made him the man that he is. Not a "wow look at me" book, Couture reveals his mistakes both as a youth and as an adult. His willingness to be open and honest is part of the reason Randy Couture is so loved by so many people. Definitely worth the price!

Randy wrote a great book. His life story is interesting. There are the sad times, the struggles to become an Olympic wrestler and the successes and failures. He has had ups and downs. He writes about his multiple marriages and his "difficult" family situation. The book gives great insight into the world of MMA, Olympic wrestling and Randy's struggle to be the best at what ever he pursues.

I admire Randy for probably the same reasons as everyone else. Despite his age, he has overcome adversity as the underdog throughout his career. With all his success he remains respectful and principled. I thought I ought to read the book because it give me a better idea of who this legendary fighter and person is. I recommend it if your a fan, and even if your not, I still think you will find it a worth your while.

Amazing dude, Randy Couture. Was perhaps in the best UFC fight of all time. Nice to read a story that, if true, shows he's as cool off the mat as he is on it, we were lucky to witness such a well rounded fighter...

A great read about a very humble champion.

If you want some insight of the UFC and want to know Randy Couture then i highly suggest you read this book. This was without a doubt worth your money and time. After i read this book i felt like i knew Randy Couture and what he was about. He leaves nothing behind in this book just like he leaves nothing behind in a fight!!

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