



Beast: Blood, Struggle, and Dreams at the Heart of Mixed Martial Arts

Doug Merlino

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The first book to bring readers deep inside a top mixed martial arts gym, *Beast* shows exactly what it takes to reach the top of this exacting sport. Doug Merlino spent two years at Florida's American Top Team, living, eating, and training alongside some of the world's best fighters, and traveled with them to fights around the world. The result is the most unvarnished look at the sport yet, with its electrifying highs and devastating lows. For both the uninitiated and for hardcore fans, *Beast* offers an intense journey into an often misunderstood world.

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Christopher Hannah:

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Benjamin Nation:

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