



# Rise: Surviving the Fight of My Life

*Paige VanZant*

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**Rise: Surviving the Fight of My Life** Paige VanZant  
**AN INSPIRING MEMOIR FOR ANYONE WHO'S BEEN KNOCKED DOWN AND CAME UP SWINGING**

As a young girl growing up in Newberg, Oregon, Paige Sletten was all energy and full of potential. A natural athlete, Paige excelled at dancing, made the cheerleading squad earlier than most, and even had aspirations of becoming a Disney child star. With a tight-knit family, Paige's life was on track for greatness. Then, one fateful fall night in high school, everything changed when Paige faced a life-threatening sexual assault. It was in the gym where she "pounded the life out of those ashen memories," becoming stronger with every punch, kick, and lunge. In this beautiful tale of survival, she writes:

*I inhale the power.  
I exhale the bullshit.  
One strike at a time.*

Fighting became Paige's safe haven; something to live for, and *Rise* is the inspiring story of how she ultimately transformed into a bone-breaking, head-smashing fighter known as Paige VanZant. It is the deeply moving story of a warrior who transformed her pain into power and has become one of the toughest women in the world; an inspiring journey of someone who was knocked down in the most devastating way and came up swinging.

## Rise: Surviving the Fight of My Life Details

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## From Reader Review Rise: Surviving the Fight of My Life for online ebook

### Christopher Phillips says

Fantastic story. It will both break your heart and motivate you to conquer the world.

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### Lance Lumley says

I am not a major fan of the UFC, but I do watch it from time to time, especially when Paige VanZant is on. After reading this book, I have more respect for her than before. During her young life, she has endured several things that would make others break, but she is still fighting and made a success of herself.

The book details several encounters that she had growing up in Oregon, while trying to find her place in the world, like most teens try to do. The book covers her struggles to move on (NO SPOILERS HERE, sorry), and even go back to face part of her past.

"Rise" also contains (especially in the back of the book) several life lessons that Paige has learned and wants to pass on to others, using the symbolism of the fighting world.

Although the book is fairly short, and only has black and white photos (some color pics in the middle of the book may have been a nice presentation to the book-think of the early WWE wrestling books when they started doing books as example of this one- short reading and chapters with photos), this is still a great read.

One does not have to like UFC or follow the league to take something away from this book. "Rise" is a inspiring tale on bullying, reaching dreams, and finding your way and overcoming odds and the past.

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### Khurram says

A very different book to what I was expecting. On the surface Paige VanZant's life seem like everything is great. She has the job she loves, with many perks and endorsement. She seems like to be a happy go lucky all American girl. However the scars on her spirit are internal. Despite her battles in the Octagon, her life has been her greatest battleground.

Paige's story is a dark tale, and a testament to her strength of character that she came out the other side but that she has actually survived let alone thrived. Only probably the last quarter of the book is dedicated to MMA, but the story of her struggle carries a very important message to others going through similar situations. If she can inspire others to talk about their situations rather the suffer in silence. I know I was invested in the book as I could feel my blood boil at the thought of a victim being made out as the villain. I did have one question of the book, at the beginning Paige mentions a brother but, he seems to be no support whatsoever and stop seem to disappear completely, or us just not mentioned at all on the book.

A very good book. Not what I expected, till I read the intro. I am a big believer in the positive mental effects of martial arts and am very glad she found this to be the case and a lifeline. It does scary me that things like this can actually happen, such bullying and abuse can go on, unnoticed, unchallenged and unpunished. I really hope someone reads this and us inspired to be themselves and not suffer alone.

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## **Andrew To says**

Rise by Paige Vanzant

Followed Paige through her MMA history and waited so long to get hold of her new book. By the end of the book I am lost for words on the disturbing events this woman has been through and the brave smile she puts on every time she steps into the ring.

What I've learnt is no matter how low you find yourself in life not everything is lost. Picking yourself back up and making something of yourself again.. All the respect in the world for this woman and taking us along in her incredible journey.

I'm hoping for a follow up book someday.

Excellent book. 5/5

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## **Leonard says**

This is an excellent memoir, honest, concise and very well written. The author is now a famous mixed martial star in the UFC's women's straw weight division. Her story of being a high school student subjected to assault and bullying for years is not easy to read, even though it's written as all such stories should be, with the emphasis on the victim and what she had to endure, not on the offenders or the activities of the police. She emphasizes the importance of anyone witnessing or suspecting abuse or bullying to take a stand with the victim, provide protection, report the problem and keep reporting it until something is done to stop the mistreatment.

VanSant writes: "I wish more adults in my life had been more decisive about helping me when I was in the throes of my most painful moments. When I think back on my life, I wonder whether my first cheerleader coach, or anyone else, could have done anything to change things. What if my coach had intervened? What if she had called my mom? What if she had called the principal? What if, when my mom saw what was happening, she had felt supported and empowered enough to call the coach? What if one grown-up - any grown-up - had noticed what was going on and stepped in and said anything at all? When we witness someone else's pain, it's our job to stand up, to speak up, and to be advocates for one another. Everyone's pain is real" (page 220).

If VanSant's career as a fighter ever fizzles, based on this book, I think she could always be a writer.

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## **Brianna says**

While the pure facts of this book are disturbing, it's also uplifting and inspiring. The book (and her life) has a lot of shocking twists. Her choice to live above her struggles is amazing.

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## **Deborah Cleaves says**

## **Powerful MustRead.**

Told in stark plain language, Rise is a powerful tale about confronting powerlessness to stand in your own truth. It's a tale about the destruction of childhood innocence through gang rape, slut-shaming and uncontrolled school bullying. It addresses PTSD and recovery. What it isn't is a casual stroll through positive memories. It promotes insight into suicidal and homicidal ideation, and insight into the erroneous choice of a controlling and violent partner out of a warped impression that the relationship offered protection and safety from a hostile environment.

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## **Carly Tinkler says**

It's not everyday that I read an entire book in one sitting and am so inspired that I wish there was more, but today that happened. I'm not even a UFC or MMA enthusiast, but Paige VanZant is my new hero!

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## **Jimilee Allen says**

A story about life and how it can be sometimes brutal! But the moral of the story is never give up! A good story about survival and what can happen if you work on self improvement and follow your dreams.

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## **Aspasia says**

Thank you @paigevanzantufc for allowing the world into your life and giving us a clear image and better understanding what you've been through. I haven't been raped so I wasn't able to connect to you on that level. However I could connect to being bullied, thinking of suicide?, moving away, being in a relationship where I was afraid to me touched. I've also been in a relationship where he was controlling over everything. Just the thought of being back in that position, someone using their power over me to do/be someone they want, had me shiver. I do not want to go back to that and do not want anyone else to go through that.

Your passion for wrestling is outstanding and it shows in this book. The way you handled things is breathtaking and I applaud you for your hard work and dedication.

This book is breathtaking. The way this book is written, it's almost like reading any other realistic fiction/contemporary books. I felt like I was seeing through the eyes of a character VanZant created, even though it was her eyes. She used words that I was unfamiliar with and challenged me to guess what they were or look them up. The way she described each experience was like going through it myself. This book... It put me through a wide range of emotions. At times I would get extremely angry and want to throw the book across the room but I couldn't. I just couldn't pull myself away from this book. I think you are an amazing woman and officially one of my Top 10 role models.

5/5?

I finished this book in less than 24 hours and let me tell you. I LOVED IT and I think you all will too. I wish there was more, like how did her parents find out and what happened with Alexa and Alan? Has she talked to her rapists or bullies? Where are they now? Even though I may not get those answers anytime soon, I am still highly satisfied with this book.

I have never annotated or taken notes while reading before but VanZant's book needed it. I wanted to watch her fights and look into her opponents, the moves, and places she described. I even wrote little warnings for myself for the future. I can't get over how amazing this book was. Officially my all time favorite read.

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### **Beth says**

The original reader for this, actually, was my daughter. However, knowing that there are some heavy topics, I wanted to be able to have a conversation about that with her, should any questions/comments/concerns come up. And then - I just really enjoyed the book.

It's a pretty quick read, and an interesting look at the potential ramifications of childhood bullying, the strength one can find even when one believes there isn't any to be found, and the long-term issues that can surface from sexual assault - even in the future. There's a lot going on here, but it's written in a way that doesn't feel too heavy, even in the middle of it. There are triggers, though I was pleased to see that the description of the actual assault is not hardcore. This is speaking of one who has also been assaulted, so was a bit leery of reading that part.

Overall, this is a story of a young girl who finds her passion, even when she herself felt lost, alone, and afraid. She gives herself strength, and learns how to rise from the ashes.

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### **Alex Devero says**

A great source of inspiration for anyone who faced or is facing challenges in life. Paige is an example of someone who was able to overcome really horrible events in her life by sheer will, determination and persistence. She shows on her own example that it doesn't matter what happened and how bad was it. You can still decide to get up, dust yourself off and change. It is truth that Paige is very young and her career is still in its infancy. However, she already proved how strong-willed, determined persistent she is. By talking honestly about her life and her story, she already showed that she has not only the potential to achieve something, but also the thirst to fulfill that potential. I think that Paige is definitely worth watching and that she will definitely achieve something worth talking about. Well, she already did.

This book is a must-read for anyone who faced or is facing challenges in life. It will give you inspiration, enthusiasm and hope. It will show you that you can overcome anything, if you decide to be strong and not let the events break you.

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### **Wesley Policky says**

Great read.

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### **Jason Weber says**

I was floored by this book! Thank you Paige for sharing your story! Highly recommended for any Paige or MMA fan.

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**Megan Herriott says**

Amazing, inspirational story of resilience, faith, and overcoming incredible hardship!

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