



## The Laws of the Ring

*Urijah Faber , Tim Keown*

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“The California Kid,” Mixed Martial Arts pioneer and former featherweight champ in World Extreme Cagefighting, Urijah Faber offers an unconventional and enlightening guide to mental dominance and personal success. *The Laws of the Ring* combines the wisdom of Robert Greene’s *The 48 Laws of Power*, the Eastern philosophy of the Sun Tzu classic *The Art of War*, and the humor of *Got Fight?* by Ultimate Fighting champion Forrest Griffin. *The Laws of the Ring* is, at once, a celebration of physical and mental toughness, a serious reflection on success and failure, a colorful account of Faber’s rise to greatness, and a fascinating look at life inside the cage.

## The Laws of the Ring Details

Date : Published May 22nd 2012 by William Morrow

ISBN : 9780062112408

Author : Urijah Faber , Tim Keown

Format : Hardcover 240 pages

Genre : Sports and Games, Sports, Martial Arts, Mixed Martial Arts, Biography

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## From Reader Review The Laws of the Ring for online ebook

### Jake says

I bought this book because I'm a Urijah Faber fan, and was expecting a typical biography... what I got was an incredibly motivational map to life. Faber has had one of the most interesting lives I've read about, and his "Laws of Power" are something that everyone should follow. He's proof that being a good person, thinking positive, and following your passion leads to a wonderful life.

Even if you aren't a fan of MMA, this is a great read – especially if you're into self-improvement.

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### Khurram says

This book is part motivational manual, part inspirational and 100% gripping. A great book and a great story. Urijah Faber has a great way of seemingly talking to his audience straight through the book. Unlike someone who has just decided to write his own autobiography Faber had spent time coming up with a concept for his book, and written it as a motivational manual of how to reach the top of your profession using his life experiences as an examples. It is extremely well written. Faber is giving one message out in this book, Find out what you are passionate about! Then do everything in your power to make this to incorporate into your life as much as possible. He does come across as a mutational speaker and excludes confidence out of the pages.

I bought this book as I was interested in Faber's fighting style despite being a wrestler, he has great hand and throws punches in bunches, he has great body and head movement. Also once he gets a fight to the ground he is not content to "lay and pray", he is always looking for a finish and more often than not he finds it. After reading the book I became a fan of Urijah Faber the person as well.

Faber is unconventional and I think the best word to describe his would be as a pioneer. I said the book was engaging. Whilst reading the first chapter it was as if he had (not just) people like me in mind but me specifically! I could not have described my impression of Faber better then he himself said. To me he reminded me a bit of Ken Masters from Street Fighter II, he is the stereotypical all American jock, with all the usual perks and fighting seems like a side avenue for him rather than something he needs to do. If that is what you thought of Faber read this first chapter. He is the clean cut American college boy, facing a veteran, scared and tattooed, Mexican fighter. By perception alone Faber should get destroyed and run home never to think about fighting again. Read it and find out what happens.

The reason I called Faber a pioneer is because he got into MMA before there was MMA or more to the point MMA rules. This was before people realised they could make a living out of it, and inspired others to also take up the sport, with very little hope of return. His own story is not unlike the UFC's story to become the dominant brand in MMA (on a smaller scale of course). His formative year living in a commune, (even though he say he does not really remember these), definitely left an impression on him. This is evident on how his own fighting community was started and is now based.

Another example of Faber's pioneering ways is this book. Since this book others have tried to emulate the writing style. GSP's book The Way of the Fight, is similarly written as a motivational book, I have to say I

did prefer Faber's book. Bruce Buffer's It's Time!: My 360-Degree View of the UFC, is written very closely to Faber's style, despite not being a fighter his message is very similar.

As I said before this gives a great insight into Faber the person, rather than just the fighter. The most appreciation I got from this book is Faber's intelligence he is a great fighter but he know he would not be able to do it forever so he is opening other avenues he is passionate about while he has the opportunity. In some cases the opportunities were needed to fund his early fighting career. This book is a great read and very inspirational & motivating. I would recommend it any one. You do not have to be a fight fan to enjoy this book, or to take something away from it.

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### **Mike Heller says**

I don't give very many books 5 stars. This one is deserving of it. This is not just a book about fighting and Urijah, it is a book about life and how to be successful by staying positive and making those around you successful. I got this book from the library, but am planning on adding it to my personal collection. A great read for everyone, not just fight fans.

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### **Miranda Moberg Diaz says**

It reads like a book written by Urijah Faber. Full of positive anectodes on life, learned through his journey into MMA and the founding of his Alpha Male and other business ventures. Light hearted and laid back like the California Kid.

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### **Jaclyn says**

It is astonishing (and crazy) what this guy puts his body through. Interesting read and shows you can be a lot tougher than most people think possible.

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### **Matt Fontanesi says**

Clever and thoughtful, Faber speaks honestly about his life philosophies. He walks a delicate tightrope of dispensing advice without coming off as arrogant. This book offers some stories of fighting, but they serve a larger narrative of finding satisfaction in life through self-improvement, self-reliance and ambition.

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### **Jude says**

I read this book after Faber's stint on The Ultimate Fighter and I have to say he expresses himself far better on the page than he seems to in real life! This book genuinely changed my opinion of him. Although the book is more self-help than biography the fact that he has achieved so much is reason enough to at least listen to what the guy has to say, even if it is cliched in parts. His success certainly means he's doing something right!

What surprised me most about this book is that it is not just for MMA fans (although I am!). It is a genuinely inspiring book in general and one which passes my own personal benchmark for success - namely, is it re-readable? This is one I would quite happily dip in and out of from time to time and would be happy to give permanent shelf room to.

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### **Abdulmajeed says**

Good lines found between pages of boredom. Have some inspiring words scattered around on some of the pages. Unlike Urijah's fighting style, this is a totally boring read.

If you get bored easily, avoid this one.

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### **Valerie Duque says**

Good book on MMA and Urijah's success in the game.

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### **Ru says**

Much like Urijah Faber, this book is supremely positive and motivational, while also serving as a detailed autobiography. I could not help be struck by how similar "Laws of the Ring" is to Drew Brees' book, "Coming Back Strong: Unleashing the Hidden Power of Adversity", also an excellent read. As with Brees' book, Faber takes you from his childhood to present day, and if there is any doubt about whether there is enough content from a man in his young thirties to serve as an autobiography, those concerns are quickly cast aside. Faber discusses his like growing up in a Christian faith compound and its effect on his brothers and sisters. He also doesn't shy away from serious family trials such as his brother's struggles and how divorce affected his parents and the children. In fact, his openness is not something I was expecting, and to an extent, it was uncomfortable to read at times, but you will appreciate the honesty throughout this book.

Naturally, Faber talks at great length about his ascent in the world of mixed martial arts, from its earliest days of not being recognized as a sport to its current lucrative state. For MMA enthusiasts, they will undoubtedly be satisfied by the discussion of the sport. But Faber's story also demonstrates how he was not an overnight success by any means. Struggles and losses only serve to further motivate Faber, and as a reader, it sheds light on a side of what a professional athlete must go through to be considered successful in his/her chosen profession.

The crux of this book rests on what Urijah Faber details as his 36 "Laws of Power". Each of these laws are general motivational philosophies that serve to help anyone advance in their own life, no matter their profession or goals. It is not a matter of memorizing these laws, but more of an account of what happened in Faber's life that resulted in him developing a law, and then employing it to better himself or his situation. Without a shadow of a doubt, while reading this book, I thought these laws were beneficial as a reader.

I would be remiss in not mentioning that this book is also funny and amusing. Who gave Faber the moniker, "The California Kid"? The answer may surprise you. Faber also comes across a series of odd characters and jerks (his story about a trip to Bali is worth the read alone) that will have you chuckling aloud.

Very happy to have finally read this book, and I would also like to once again recommend Drew Brees' book, which are both excellent and powerful in purpose.

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### **Justin says**

The Laws of the Ring is full of wisdom and understanding that every reader will appreciate. Urijah tells his stories enjoyably and genuinely has the reader's best interests at heart. As a high school student I have found that The Laws of the Ring has helped me work to identify my passion by putting myself first before money, power, or security. I feel that I can now pick a major and career that would be self fulfilling without worrying about unimportant factors. I figured I would be solely reading a fighter's biography but Urijah has truly taught me invaluable life lessons. The Laws of the Ring is an essential book to every person who is facing adversity and finding difficulty following their passion. I now realize the importance of following my passion and how to do it instead of chasing so called superficial "necessities". Thank you Urijah for sharing your stories and wisdom, beat Barao for me!

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### **Troy says**

I'm a huge fan of the "California Kid", Urijah Faber, and I learned a lot about him through this book. It's a series, a chronology, of his ideas that make up a positive spirit as well as a happy and successful life, all comprised under the ideas of "laws", to which he relates stories from his life throughout the entire read and applies them to what he's actively writing about. I'm not even going to classify this as an MMA book read so much as a positive thoughts, vibes and life lesson-esque type of read. Solid all around!

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### **Robert Risher says**

Excellent effort from Urijah Faber, and I would expect no less. The book serves as both a fascinating autobiography and a detailed guide to improving quality of life from someone who is widely well-liked with proven career success. Though a long-time fan of Faber, my interest is further cemented by his educated rhetoric and logical responses to overcoming the negativity that life can place before you. Chapters are well-paced, and ideas flow seamlessly to make for a very easy and interesting read. The Laws of the Ring is definitely worth 5 stars, as well as a place within your library.

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### **GoodBeer says**

This was a pretty easy and short read compared to anything else I've read so far this year, but I kind of expected that going into it because it's a self-help book. There's very little jargon. With that said, don't expect this to be anything like Crime and Punishment by Dostoevsky.

As a longtime fan of that super chilled out badass known as Urijah Faber, I enjoyed every moment of this read, especially because I could not help but hear his voice in my head while I was reading.

I learned a lot about Faber, and I learned about what he thinks it takes for men like him to thrive. The main point of the book is to follow your passion without regret nor fear... and as platitudinous as that may sound,

hearing it elucidated from someone I've looked up to since I was a teenager had a big impact on me. I will continue to reference the highlights that I noted from his book for the foreseeable future.

After reading his insights, I'm thinking that it's finally time to go after Brazilian jiu-jitsu, something I've been hot and cold about doing for years for multiple reasons, even though I am a martial artist.

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### **Jordan says**

Found myself really dissapointed w/ this book. I've read several of Sam Sheridan's books that combine both a historical and philosophical look at the fight game and was hoping this would be in a similar vein. It wasn't. This is basically a begginers self-help book. It's not terrible, but it's not that great and Urijah is certainly no Jim Rohn or Tony Robbins.

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