



Becoming the Natural: My Life In and Out of the Cage

Randy Couture, Loretta Hunt

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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.

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Marlene Turner:

Reading can called thoughts hangout, why? Because if you find yourself reading a book specifically book entitled *Becoming the Natural: My Life In and Out of the Cage* the mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely can become your mind friends. Imaging each and every word written in a e-book then become one web form conclusion and explanation in which maybe you never get before. The *Becoming the Natural: My Life In and Out of the Cage* giving you yet another experience more than blown away your thoughts but also giving you useful information for your better life in this particular era. So now let us teach you the relaxing pattern is your body and mind are going to be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

Mary Larrick:

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