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Before long, he was training fighters in a tiny shed, and promoting the earliest mixed-martial arts events in Ireland. And then, a cocky kid called Conor McGregor walked into his gym ... In Win or Learn, John Kavanagh tells his own remarkable life story - which is at the heart of the story of the extraordinary

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explosion of MMA in Ireland and globally. Employing the motto 'win or learn', Kavanagh has become a guru to young men and women seeking to master the arts of combat.

### **Amazon.com: Win or Learn: MMA, Conor McGregor and Me: A ...**

Win or Learn traverses through the journey of MMA coaching legend, John Kavanagh. Kavanagh's story lies at the heart of global rise of MMA. Win or Learn provides an insight to the continual struggle and is an ode to the mammoth effort put in by MMA athlete & coaches. The book is set to educate and change your pers

### **Win or Learn: MMA, Conor McGregor and Me: A Trainer's ...**

And then, a cocky kid called Conor McGregor walked into his gym. Here, John Kavanagh tells his own remarkable life

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story—which is at the heart of the story of the extraordinary explosion of MMA in Ireland and globally. Employing the motto "win or learn," Kavanagh has become a guru to young men and women seeking to master the arts of combat.

### **Win or Learn: MMA, Conor McGregor and Me: A Trainer's**

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He shows you from beginning to end both WINNING and LEARNING. We all know that Conor returns and defeats Nate, and goes on to get that belt but what he does is show you in a realistic way that MMA is not for the faint hearted. It is a beautiful sport and yet brutal at times. But that no matter what happens, you either win or learn.

### **Amazon.com: Win or Learn: MMA, Conor McGregor and Me: A ...**

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### **Win or Learn: MMA, Conor McGregor and Me: A Trainer's**

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This is a fantastic read, filled with stories about both him and his fighters journey through the world of MMA (UFC, and other organizations included). Now Conor is an amazing athlete, and I'm a huge fan, but after reading Win Or Learn, I'm convinced Conor is who he is today because of John's guidance and wisdom.

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Kavanagh's portrait of Conor McGregor - who he has seen in his lowest moments, as well as in his greatest triumphs - is a revelation. What emerges from Win or Learn is a remarkable portrait of ambition, discipline, and persistence in the face of years and years of disappointment. It is a must read for every MMA fan - but also for anyone who wants to understand how to follow a dream and realize a vision.

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In Win or Learn, John Kavanagh tells his own remarkable life story - which is at the heart of the rise of MMA in Ireland and

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John Kavanagh. Growing up in Dublin, John Kavanagh was bullied. After suffering a bad beating when he intervened to help a woman being attacked, he decided to learn to defend himself. Before long, he was training fighters in a tiny shed, and promoting the earliest mixed-martial ...

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John Kavanagh - Win or Learn "Conor's loss was a lesson and it's one that our next wave of fighters, in particular, will be able to

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learn from. He's blazing a trail for the younger fighters coming through. They can study his journey and benefit from every step."

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including Jon Jones and Royce Gracie He has no room for Conor  
McGregor in the ...

### **Georges St-Pierre overlooks Conor McGregor in debate over ...**

Conor McGregor is rising up the UFC's lightweight rankings after  
his big win over Donald Cerrone and took time to reach out to  
President Donald Trump to congratulate him on the job he is  
doing.

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