

Uncaged My Life As A Champion Mma Fighter

Greg Cage's life is more fulfilling than he ever could have imagined. He's married to the love of his life, has an amazing son, and in a few short months, his family will grow again with the birth of his twin girls. The past year has been a tough one for the Cage family, but they are now on the road to healing by learning to let go of the past and looking forward to their future. When situations beyond his control threaten to take away so much of what Greg holds close to his heart, he has to learn that he doesn't always have the control he tries to maintain in their lives. Will he be able to handle the stress of knowing his wife and newborn daughters are beyond his protection? Join the Cage family as they embark on yet another one of life's journeys with a rambunctious four-year-old, pregnancy complications, and the fear of the unknown. Will the love that Greg and Melissa share hold true as they fight to overcome the obstacles that face them?

IMPROVISE. ADAPT. OVERCOME. These three words the mantra of the Australian Army resonated with Paul de Gelder the first time he heard them. Paul chased adventure wherever he could find it, from his wild ride as a hoodlum teen and his drug-and-alcohol fuelled stint working in a strip club to hauling his way up to the elite echelons of the defence forces. But trouble hunted him down in the form of a brutal shark in February 2009. Paul lost two limbs, and his career as a daredevil navy clearance diver was flung into jeopardy. Drawing on everything his eventful life had taught him, Paul left nothing to chance in his recovery. He fought through excruciating pain, smashing challenge after challenge, and amazing the medical staff with his will to succeed. His inspiring story takes 'never say die' to a whole new level. From rebel, drug dealer and strip club worker to adventurer, soldier, fitness enthusiast, Navy diver, shark attack survivor, top motivational speaker and mentor to schoolkids across Australia, Paul de Gelder is an exceptional young man. He is now determined to carve out the best future for himself he could possibly imagine. Paul is a true survivor and an incredible inspiration.

Oh My Gods!, the first in a new middle grade graphic novel series, reads as if Raina Telgemeier and Rick Riordan teamed up to write a comic, and offers a fresh and funny spin on Greek mythology. When an average girl moves to Mt. Olympus, she discovers her new classmates are gods and mythological creatures are actually real—as if junior high isn't hard enough! Karen is just an average thirteen-year-old from New Jersey who loves to play video games with her friends and watch movies with her mom. But when she moves to Greece to live with her eccentric, mysterious father, Zed, suddenly everything she thought about herself—about life—is up in the air. Starting a new school can be difficult, but starting school at Mt. Olympus Junior High, where students are gods and goddesses, just might take the cake. Especially when fellow classmates start getting turned to stone. Greek mythology . . . a little less myth, a little more eek! And if Karen's classmates are immortal beings, who does that make her?

"Gentlemen, we have a special treat for you today. Feast your eyes on this pure-blooded beauty!" Sixteen-year-old Serenity has spent her entire life in hiding to protect her from this exact moment. In a world where beauty is bought and sold on the streets like a corporate commodity, Serenity's natural assets are more like liabilities. Despite her parents' best efforts, she's been taken—ripped from her home and the only life she's ever known—to find herself on sale to the highest bidder. And that bidder? Enigmatic and dangerous, Luc is the director of The Aviary—an elite museum where girls are displayed as living art by day...and cater to the lascivious whims of the highest bidder by night. In this elaborate and competitive world, girls go by names like Raven and Nightingale, and will stop at nothing to become top Bird. Luc comes to idolize Serenity's purity and aims to turn her into his grandest exhibit of all time—The Swan. In no time, she becomes one of the most coveted exhibits in Aviary history. When she discovers Luc holds the key to finding her parents, she must learn to play The Swan to perfection...to win his heart and earn his trust. But she doesn't anticipate falling for him in the process. Now she faces an impossible choice: escape The Aviary and lose her only chance at finding her parents—or become Luc's Swan for good and lose her identity forever. The Jewel by Amy Ewing meets Tricks by Ellen Hopkins in this gritty Young Adult Dystopian that tells of a fear-inducing future where the world of sex trafficking has become a social norm and where woman aren't treated as humans and are no safer than they were than they were in The Handmaid's Tale by Margaret Atwood.

Frank Shamrock may be the toughest man alive. The veteran cage fighter—his &“extreme fighting&” style involves aspects of boxing, kickboxing, wrestling, karate, Brazilian jujitsu, and even Southeast Asian Muay Thai—is the only person to win a title in all three major North American fight promotions. As Ultimate Fighting Champion he was widely regarded as the best pound-for-pound fighter in the world. But Shamrock has led a life of profound, even Dickensian, difficulty. Born Frank Alicia Juarez III, he suffered through a childhood of abuse, neglect, and molestation before sliding into juvenile delinquency and petty crime. After finding some refuge in the penal system, he was eventually taken in by Bob Shamrock, a Northern California man who had fostered hundreds of lost boys—among them Frank's adoptive older brother, Ken, also a champion MMA fighter. An early marriage followed, and an unplanned pregnancy. When Frank couldn't afford to support his family, he turned to burglary and wound up in state prison—a fact he has never, until now, discussed publicly. But when he was released, Frank joined Ken in training as a cage fighter. For the next two decades he dominated the entire sport. This riveting book tells his whole story. Shamrock gives vivid accounts of his fights, both in and out of the ring. He explains his losses and discloses what enabled him to become a champion. He credits the fighters who taught and inspired him and points out the weaknesses of many who didn't. He details his beef with the UFC and the reasons behind his retirement. He tells all about the violence, the injuries, the booze—and how he overcame them all to become a champion in every sense of the word.

Uncaged Wallflower is for those who feel trapped in the thoughts their minds produce, unable to express them with the rest of the world out of fear of critique or disagreement. For the people who need an extra dose of positivity in their day. This is not a poetry book for you to read and relate to in a sorrow filled way. It is for you to read and say yes, I can be better, and I will.

"Has pain prevented you from living joyfully today? Do you struggle with overcoming what happened in the past? Are you tired of constantly repeating the mistakes you swore you'd never make? It is possible to live an uncaged, freedom-infused life. Author and speaker Mary DeMuth has been in the cage, wallowed there. But God had other plans. He chose to set her free, and He longs to unlock your cage too. Based on a quote from Oswald Chambers, this book follows three stages of finding and creating an uncaged life. To let go. To give it to Jesus. To anticipate a new future. Through Biblical teaching, real life-in-the-trenches examples and an eye toward spiritual growth, Mary DeMuth helps you find the uncaged life you've always longed for." P.[4] of cover.

Savy believes she is a terrible person--murder and kidnapping hardly scream innocence. But what choice did she have? She had vowed to protect her little sister at any cost. Now, after years on the run, Savy believes they have finally escaped. But when her

past crashes back into her life, she must decide if they will flee yet again, or stand and fight the Monster that has haunted their steps. Only problem? Defeating her past means trusting the sexy but dangerous outlaw biker who comes with demons of his own. Diablo--the ruthless President of Havoc Motorcycle Club--is the devil in every sense of the word. And he definitely doesn't have time for women, preferring the ease of club girls instead. That is until a curly-haired woman with haunted eyes stumbles into his life, awakening both his passion and a deep need to protect her. So when her life is threatened by a man from her past, he is quick to jump to her aid. He has no doubt he can save her, but can he win her heart in the process?

Your full-color guide to this wildly popular combat sport! Mixed martial arts is sweeping the globe! In this practical guide, legendary MMA Champion Frank Shamrock shares his expertise and love for the sport. He introduces you to his famous training and fighting system, explaining the virtues, ethics, and techniques of MMA in clear detail while showing you how to develop a safe, effective training regimen. Begin with MMA basics — discover the history, the fighting styles, and modern rules and training techniques Prepare to start training — strengthen your body, focus your mind, learn the concepts of combat, and find a good instructor Stand up for yourself — your introductory course in stand up fighting, from essential strikes and defense to inside fighting with the clinch and takedowns Get ready to grapple — understand the essentials of ground fighting, including the guard position, submissions, and escapes Become a well-rounded fighter — improve your nutrition, develop a warm-up routine, expand your mental training, and get the rest you need Open the book and find: Proven strategies to train your body and mind More than 150 step-by-step, full-color photos illustrating proper technique The 8 positions of power Necessary MMA training equipment The styles and strategies of MMA competition Fight-specific training drills and games Tips for increasing your speed and avoiding injury Advice from the expert on improving your ground game

Only she can prove her innocence Yvonne Landis has escaped from a mental institution, where she was treated for psychosis. She is accused of murder. She will stand trial once psychiatrists deem her fit enough to understand her charges. Only Yvonne knows that she didn't kill her husband; her son Gabe did. Because she was onto him, he tricked the authorities into believing that Mom killed Dad. Having been traumatized in his tweens, he suffers from extreme anger issues. In order to deal with them, he must kill on occasion. Yvonne is determined to prove to everyone that not only did Gabe kill his father, but that he's the one who's truly dangerous, not she. That's easier said than done, considering her fugitive status and the psychotic episodes she still experiences...

She Wanted Her Child Back Daniel Keller never should have handled that homicide case. Still grieving over the accident that had stolen his wife and son, the dazed policeman had nevertheless testified—and unwittingly convicted—an innocent woman of murder. Megan Anderson had spent three years in prison, learning to hate Daniel Keller. Because of him, she'd lost the only thing that mattered: her beloved child. Now she was free, but her battle had just begun. Megan would see that Daniel got her son back for her. And she would fight her own forbidden desire...for the man who had destroyed her life.

Collecting Jessica Jones (2016) #1-6. After a decade, Jessica Jones is back in her own solo series! A lot has changed in the Marvel Universe and there are many secrets hiding in the shadows - secrets only a special woman like Jessica Jones can hope to uncover. Alias Investigations is open for business, and of all the many mysteries to discover, her new case may be the most dangerous one! This blistering new series is filled with haunting revelations from Jessica's past, and answers to some of the biggest questions about the new Marvel NOW! universe! From Jessica Jones' original creators comes an all-new chapter in the world-famous private eye's ongoing adventures!

Nocturnal Silence Nocturnal Silence is anthology of poems and stories by 24 writers, It's based on varied topics right from nostalgia to mental health and domestic violence. It's merger of two best titles, to give shades of silence coloured perfectly with tinge of nostalgia. Writers have given their best, penned some beautiful words addressing the topics. This book is compiled by aarthi sampath and presented by unvoiced heart

Raising Ivy is an amazing true story of faith, hope, and love that chronicles one family's journey from the cruelty of slavery, poverty, and segregation in the fields of rural Alabama to prosperity and triumph on the football fields and in vaunted halls of the Ivy League. Raising Ivy examines the power of education, faith, family, and football to lift and transform the family from illiteracy to a fifth generation descendent becoming an Ivy League graduate and only the fifth black man to be captain of the Yale Football Team. The journey is filled with murder, intrigue, secret societies, and tales of glory on the grid iron. Raising Ivy combines simple faith-based lessons with humorous anecdotes, powerful true events, and poignant revelations that take the reader along on this the incredible journey to Yale and back.

A collection of articles written by Betty Hansen, a mother of nine children. Back in the day, when women did not typically work outside the home, Betty took to her typewriter to capture the more humorous side of being a housewife, mother and working women. This book was lovingly compiled by her youngest daughter, Holly Tiret

The Bearer Of The Sign is based on a true life story, and it is the continuation of my first novel, Uncaged. Before my divorce in 1995, I prayed for a sign to identify the next man in my life. The prayer and sign are as follows: Father, this is the sign that I have chosen to identify the next man in my life. The man with whom I hope to spend my last days with. The man who will treat me like I want to be treated. The man who will cherish me. The man who will build me up and not tear me down. The man who will love my mind more than my body. The man who will be faithful, and devoted to me until death do us part. The man who fears You and walks in Your ways. The sign is: As long as I am single, I will not ask a man for money. But the man of my life will give me fifty dollars or more, voluntarily. When he gives me the money, I'll ask him, " What is this for?" His reply will be, "This is for you because I am your man." And indeed he will be from that day on. The Bearer Of The Sign reveals the whole story of the one man who gives me the sign and the five men who don't. The story is filled with intrigue and humor. It's written to keep the readers turning the pages.

Not every queen needs a crown. After escaping Stormwall, Izzy and Fray have finally crossed through the Archway and into The Old Kingdom in search of allies. But finding a place within Fray's former pack is harder than they imagined. When Izzy's father warred with the Gwylis, it made a lifelong enemy of the Rowan name. Fray's betrayal of siding with Aquarius in the war makes him no less an enemy to the pack. Izzy struggles to understand her newfound magic and build a relationship with her new family, but when the new king's soldiers arrive in The Old Kingdom, Izzy must fight to secure the protection of her new home. With war looming once again, Izzy is thrust back into the life she tried to leave behind. As danger mounts, past, present, and future collide between kingdoms, and the lines of allegiances are drawn. Izzy must decide who she is willing to fight for, and where her loyalties truly lie. UNCAGED is the stunning sequel to Celia McMahan's debut UNSPOKEN, the first in her fantasy trilogy set in a world of curses, wolves, and war.

Anthology "The day my life started- My Birthday" is a compilation by Ananya Singh and Ashutosh Das. This anthology is based on birthday feelings. Every writeup is related to born-day and special memories of birthday!! It is collection of writings tied together by 70 writers on the same theme. This Anthology is recognised by OMG Book of Records .

Poor George is in trouble again. He's been called to the principal's office. But before the principal can tell him why he's there...he confesses. He was late to class, didn't finish his math assignment, spilled paint, and set a cage of mice loose. One mishap has led to another and now George is up to his ears in trouble—but it's not his fault! George has an excuse for everything, but as his bad choices catch up with him, George runs out of others to blame.

The instant Wall Street Journal, USA Today, and international bestseller "While the history books are filled with tales of obsessive visionary geniuses who remade the world in their image with sheer, almost irrational force, I've found that history is also made by individuals who fought their egos at every turn, who eschewed the spotlight, and who put their higher goals above their desire for recognition." —from the prologue Many of us insist the main impediment to a full, successful life is the outside world. In fact, the most common enemy lies within: our ego. Early in our careers, it impedes learning and the cultivation of talent. With success, it can blind us to our faults and sow future problems. In failure, it magnifies each blow and makes recovery more difficult. At every stage, ego holds us back. Ego Is the Enemy draws on a vast array of stories and examples, from literature to philosophy to history. We meet fascinating figures such as George Marshall, Jackie Robinson, Katharine Graham, Bill Belichick, and Eleanor Roosevelt, who all reached the highest levels of power and success by conquering their own egos. Their strategies and tactics can be ours as well. In an era that glorifies social media, reality TV, and other forms of shameless self-promotion, the battle against ego must be fought on many fronts. Armed with the lessons in this book, as Holiday writes, "you will be less invested in the story you tell about your own specialness, and as a result, you will be liberated to accomplish the world-changing work you've set out to achieve."

Bill Purvis had to be left for dead before he discovered that everything he was searching for could be found in Jesus Christ. As a teen, Purvis nearly died when stabbed three times by a pimp during an encounter with a prostitute. With his pericardium sac pierced, liver punctured and his jugular vein completely severed, he cried out to Jesus, who miraculously saved his life. In the more than thirty years since that day, he's built a large church and become a leader and mentor to many. Make a Break for It is a transformational road map meant to guide you by helping you pinpoint where you need to start and then providing detailed step-by-step guidance on how to successfully and continuously cultivate the transformation God has in mind for you. Your life will truly be transformed as you discover the importance of alone time with God, the secret to keeping your own excuses from holding you back, the significant role mentors play in your success, how to handle betrayal, and how to cultivate traits like integrity and humility. You have all of the tools you need to break out of the mold and begin living the life God called you to!

Anita de la Torre never questioned her freedom living in the Dominican Republic. But by her 12th birthday in 1960, most of her relatives have emigrated to the United States, her Tío Toni has disappeared without a trace, and the government's secret police terrorize her remaining family because of their suspected opposition of el Trujillo's dictatorship. Using the strength and courage of her family, Anita must overcome her fears and fly to freedom, leaving all that she once knew behind. From renowned author Julia Alvarez comes an unforgettable story about adolescence, perseverance, and one girl's struggle to be free.

Just the other day, I was bait. Now he says I am his to keep. I was betrothed to a man I barely knew to right my mother's wrongs. That is no longer the case. The terms set forth are all null and void. I've been kidnapped from my home by savages-beasts in man-form. We call them The Uncaged—a clan of lawless exiles and raiders known for raising hell to get what they want. When they find out what I'm worth, they'll never let me go. The Uncaged are not men. They are Alphas. Created long ago to become super soldiers for the government, they have since turned against humanity. All who know of them stay away. No one crosses this clan. But someone did... My Alpha captor is bold, feral, and has no time for games. He will get what he wants, even if he has to fight for it. But he's already made it clear that he's not giving me up. I made a promise and now I can't keep it. I don't want to anymore, knowing that the only way I will know peace is with an Alpha. Human omegas are extremely rare. Once my heat surges, my alpha won't be able to control his cravings. Our mate-bond is already forming. He says he'll keep me safe, but there are other Alphas in the village watching... and waiting. He won't give me back and he won't let me go. There's only one thing left to do, and the choice may ignite a war.

Chronicles the life of the championship MMA fighter who suffered through a childhood of abuse and molestation, became a father at a young age, and spent time in prison before dominating the martial arts sport.

From low self-esteem to beauty queen. Nyisha Tilus has been on an evolving journey to self-discovery. In the quest to find and live in her authentic truth, Nyisha finds her voice, builds her self-esteem, and realizes her self-worth. She challenges you to do the same in this book by breaking out of the cage of all you've known. Like many women and girls out there, Nyisha was faced with many conflicts, however; the most challenging was the one within. Nyisha uses her triumphs and failures to help equip women to break out of the cage that they've developed over the years. Uncaged: Release Your Inner Queen is more than a call to action it is a movement and for others a lifestyle of breaking out of the cage you've been placed in. Whether in your personal or professional life you can be set free to truly walk into purpose but you much decide like Nyisha to release your inner queen.

Inside the Lion's Den is the remarkable story of Ken Shamrock's ascent to the top of reality martial combat. A legendary Mixed Martial Arts (MMA) fighter and former professional wrestler, Shamrock is an inspiration to thousands. This is the story of his rise from a troubled youth to champion in the ring in both America and Asia. The first "King of Pancrase" in the Japanese fighting circuit, and the first "Superfight Champion" of the Ultimate Fighting Championship (UFC), Shamrock also founded the Lion's Den in Northern California, a facility that has trained many champion MMA fighters. Readers and fans will learn the secrets of Shamrock's ultra-efficient submissions fighting system and the training regimen that he and his trainees followed. With over 150 dynamic photos, Inside the Lion's Den is both an inspiring portrait of the fighter known as the "World's Most Dangerous Man" and an invaluable guide for the martial artist, novice and master alike.

The Secret is an international phenomenon that has inspired millions of people to live extraordinary lives. The Secret to Teen Power makes that material accessible and relevant for today's over programmed, stressed-out teens. It explains how the law of attraction can help teens navigate their friendships, relationships, schoolwork, money, and even more global issues like politics and the environment. It all happens through the basic principles outlined in The Secret to Teen Power that will bring happiness and fulfillment for all who embrace it.

From New York Times & USA Today Bestselling Author Clarissa Wild comes a new heatwrenching dark romance that will make you beg for more... They call me savage. An untamed beast. I was born in the cage. Born to fight. Born to carry its name. Locked away, I've spent years waiting for my mate. I'm pent up with need. Brimming with desire. All I want is her... That beautiful girl from the picture on my prison wall. Now she's finally here, sharing a cell. So close. So hard to resist. But one thing's for sure... Even if she doesn't know it yet, she's already mine. For a limited time, this book contains both CAGED and UNCAGED, originally meant as a duet. **WARNING:** This novel contains disturbing content that may be offensive to some readers. NO Cliffhanger.

#1 NEW YORK TIMES BESTSELLER • Over two million copies sold! “Packed with incredible insight about what it means to be a woman today.”—Reese Witherspoon (Reese’s Book Club Pick) In her most revealing and powerful memoir yet, the activist, speaker, bestselling author, and “patron saint of female empowerment” (People) explores the joy and peace we discover when we stop striving to meet others’ expectations and start trusting the voice deep within us. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine • The Washington Post • Cosmopolitan • Marie Claire • Bloomberg • Parade • “Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal.”—Elizabeth Gilbert, author of City of Girls and Eat Pray Love This is how you find yourself. There is a voice of longing inside each woman. We strive so mightily to be good: good partners, daughters, mothers, employees, and friends. We hope all this striving will make us feel alive. Instead, it leaves us feeling weary, stuck, overwhelmed, and underwhelmed. We look at our lives and wonder: Wasn’t it all supposed to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent—even from ourselves. For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There She Is. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice—the one she had buried beneath decades of numbing addictions, cultural conditioning, and institutional allegiances. This was the voice of the girl she had been before the world told her who to be. Glennon decided to quit abandoning herself and to instead abandon the world’s expectations of her. She quit being good so she could be free. She quit pleasing and started living. Soulful and uproarious, forceful and tender, Untamed is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on each member’s ability to bring her full self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is. Untamed shows us how to be brave. As Glennon insists: The braver we are, the luckier we get.

"When an animal rights action at a research lab goes wrong, a terrible secret is exposed, and Shay must find her brother Odin before the researchers at Singular Corp can silence both of them"--

It ain't over till everybody says, "I do." A bonus follow up book to the love story of MMA fighters Colt and Jo by USA Today bestselling author JJ Knight It's four weeks until the biggest day of Jo's life. Her wedding. But the reporters are on her case about everything from her "sausage dress" to berating her for giving up her fighting career to be Colt's "little wife." It's enough to make anyone want to punch something. When Jo arrives in Hawaii ahead of Colt to relax until the big day, she discovers she has one last fight to win before she can get to the wedding day she's longed for. It will take everything she's got, including restoring her faith in her own fighter's hurricane, to protect her family and arrive at her happily ever after. _____ Uncaged Love #6 is best read after Uncaged Love 1-5, which is Jo and Colt's complete love story. It is an HEA with no cliffhanger.

Traces the Ultimate Fighting Champion's journey from a bartending job in California to his forefront position as a top-ranked light-heavyweight fighter, describing his intellectual youth, training in martial arts, and numerous UFC victories.

Digital creativity is boundless. Art practitioners and scholars continue to explore what technology has to offer and practice-based research is redefining their disciplines. What happens when an artist experiments with bio-scientific data and discovers something the scientists failed to notice? How do virtual telematic environments affect our relationship with the object and our understanding of identity and presence? Interactive engagement with the creative process takes precedence over the finite piece thus affecting the roles of the artist and the viewer. The experience of arts computing in the last decades provides a sound basis for theorising this practice. Since its inception in 1985, CHArt – Computers and the History of Art – has been at the forefront of international debate on digital art practice, curation and scholarship. The ten papers included in this volume, the third CHArt Yearbook published by Intellect, are drawn from recent CHArt conferences. The authors seek to articulate methodological and theoretical perspectives on digital media, including communication and preservation of digital artworks. These issues are pertinent to contemporary visual culture and may help deepen its understanding.

UncagedMy Life as a Champion MMA FighterChicago Review Press

From the Ultimate Fighting Championship's (UFC) meager beginnings to its present-day glory, this in-depth chronology reveals all the information needed to understand the contemporary world of mixed martial arts, where the backroom deal-making is as fierce as the fighting. Between the UFC's controversial president, Dana White, the political persecution that the sport has suffered from politicians like John McCain, and the tumultuous careers of its greatest stars, mixed martial arts (MMA) competition has garnered more than its fair share of the spotlight in recent years. This thorough history provides fans with the whole story behind the Ultimate Fighting Championship, including profiles of MMA's greatest stars such as Ken Shamrock; the immense popularity of mixed martial arts events in Japan; the influence of the Fertitta family, whose Las Vegas connections opened the door for the UFC to succeed; and, finally, Spike TV's role in making mixed martial arts a national obsession.

From elite soldier to shark attack survivor, Paul de Gelder's life has been anything but ordinary. Growing up in Australia's suburbs, Paul never felt like he fitted in. Feeling like his life was out of control, he began to self harm, and eventually turned to drugs. But something in Paul always told him that there was a world out there that he needed to explore - he just didn't know how to access it. The Australian military was the answer but that service almost came to a brutal end when Paul was attacked by a bull shark in Sydney Harbour. Paul lost a hand and a leg, but he refused to accept limitations. In fact, the attack opened the door to whole new life. One that would see Paul dedicate himself to the very animals that had tried to kill him...

From a leading prison abolitionist, a moving memoir about coming of age in Brooklyn and surviving incarceration—and a call to break free from all the cages that confine us. Marlon Peterson grew up in 1980s Crown Heights, raised by Trinidadian immigrants. Amid the routine violence that shaped his neighborhood, Marlon became a high-achieving and devout child, the specter of the American dream opening up before him. But in the aftermath of immense trauma, he participated in a robbery that resulted in two murders. At nineteen, Peterson was charged and later convicted. He served ten long years in prison. While incarcerated, Peterson immersed himself in anti-violence activism, education, and prison abolition work. In Bird Uncaged, Peterson challenges the typical “redemption” narrative and our assumptions about justice. With vulnerability and insight, he uncovers the many cages—from the daily violence and trauma of poverty, to policing, to enforced masculinity, and the brutality of incarceration—created and maintained by American society. Bird Uncaged is a twenty-first-century abolitionist memoir, and a powerful debut that demands a shift from

punishment to healing, an end to prisons, and a new vision of justice.

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