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by John Kavanagh: Win or Learn: MMA, Conor McGregor and

Me: A Trainer's Journey

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Description:

PDF-e7089 | 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 arts events in Ireland. And then, a cocky kid called Conor McGregor walked into his gym. Here, Kavanagh tells his own remarkable life st... *Win or Learn: MMA, Conor McGregor and Me: A Trainer's Journey*





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