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Caged: Memoirs of a Cage-Fighting Poet

Cameron Conaway

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Caged: Memoirs of a Cage-Fighting Poet Cameron Conaway
Accomplished MMA fighter and award-winning writer Cameron Conaway presents in Caged the true story of a young man who overcomes a family background and his own inner torment by learning to channel his frustrations into the physical world of mixed martial arts fighting and the cerebral world of poetry and writing. It teaches the value of personal reflection, how life's most painful moments can lead to a deeper understanding and appreciation of human nature, and just what is possible when optimism and determination combine to overcome tough odds. Caged shows how the pursuit of two seemingly disparate passions helped a struggling boy blossom into a simple man. The result is a literary and lyrical philosophical journey into the heart and mind of a modern-day warrior.

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