

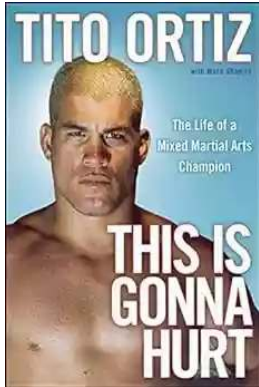
This Is Gonna Hurt - A Candid Journey Through Pain and Art

Prepare yourself for a raw and intimate exploration of pain, art, and the human experience. "This Is Gonna Hurt" takes us on a compelling journey through the extraordinary life of photographer and bestselling author, **Adam Grene**.



- A Brutally Honest Encounter

This book is not for the faint-hearted. It offers an unfiltered encounter with the realities of life, where pain and beauty intersect. Grene exposes the rawness of the human experience, laying bare his own narrative of struggle, perseverance, and the transformative power of art.



This Is Gonna Hurt: The Life of a Mixed Martial Arts Champion by Tito Ortiz (Kindle Edition)

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1250 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages



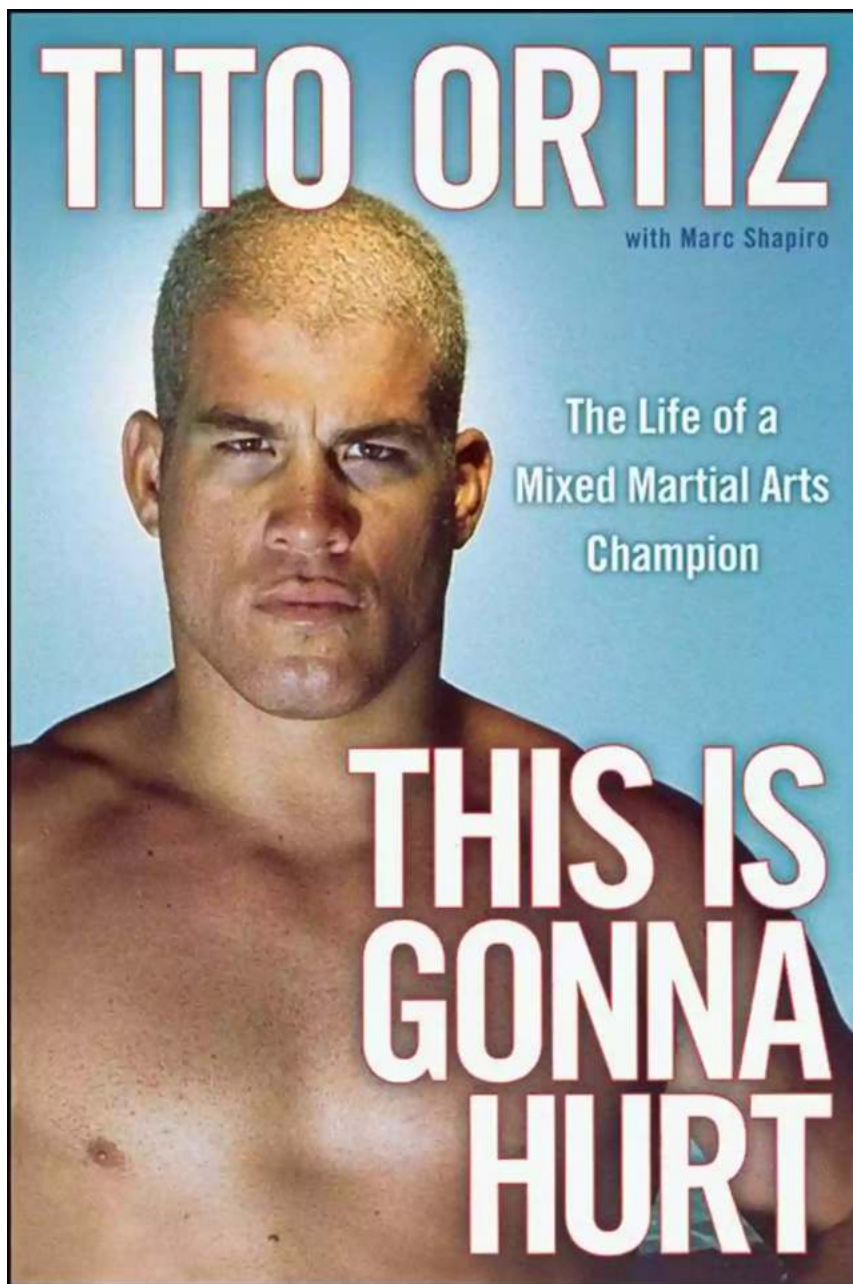
The Man Behind the Lens

Adam Grene is not your typical artist. His journey began as a medical professional, practicing in the field of plastic surgery. Witnessing the physical and emotional pain endured by his patients, Grene felt compelled to capture their stories. Armed with a camera, he embarked on a new path, exploring the connection between pain and art in his work.

Photographs That Speak Volumes

Grene's photography challenges societal norms and confronts taboos head-on. Each image captured tells a unique story, inviting viewers to face their own fears and judgements. From the scars of surgical procedures to the emotional anguish

of mental health battles, every photograph in "This Is Gonna Hurt" serves as a poignant reminder of the resilience of the human spirit.



A Journey Through Pain

This book is not solely an artistic endeavor, but also a personal account of Grene's own battles. From his struggles with anxiety and depression to the challenges of being an outsider, the author takes readers on a profound journey

through pain. It is within this vulnerability that a deep connection is forged, allowing readers to find solace in their own pain and embrace the beauty that can emerge.

The Transformative Power of Art

Greene believes that art has the ability to heal and transform. Through his honest portrayal of pain, he hopes to inspire others to find their own creative outlets for self-expression. By embracing vulnerability, Greene demonstrates that it is through our scars and struggles that true beauty can emerge.

A Call to Action - Embrace Your Story

"This Is Gonna Hurt" is a wake-up call, urging readers to embrace their own unique stories. It challenges us to redefine our understanding of pain, reminding us that it is an essential part of the human experience. By confronting our fears and insecurities, we can unlock our full potential and embrace a life infused with meaning and purpose.

- Embracing the Realities of Life

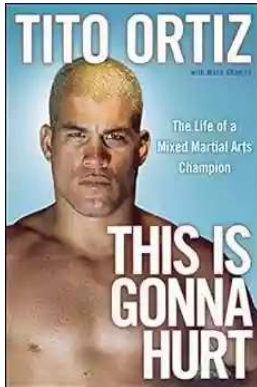
"This Is Gonna Hurt" is not a book for the faint-hearted, but one that beckons the brave to embark on a transformative journey. Adam Greene's powerful storytelling, paired with his striking photographs, leaves an indelible mark on readers, encouraging them to embrace the vulnerability that lies within us all. It is through this candid encounter with pain and art that we can truly discover what it means to be human.

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One of the most charismatic, controversial fighters in Ultimate Fighting Championship history, Tito Ortiz recounts his rise to Ultimate Fighting Championship stardom, from growing up as a Huntington Beach bad boy, to becoming a showman in the octagon in front of 20,000 live fans and 4 million television viewers.

He's the ultimate showman in the world's greatest spectator sport—a controversial, charismatic figure who has dominated Ultimate Fighting for more than ten years as one of its most exciting and skillful stars.

But for Tito Ortiz, life very nearly took a different path. Growing up in Huntington Beach, California, Ortiz spent part of his childhood living in motels and in the backs of other people's houses, as his heroin-addicted parents were forced to leave one apartment after another. By the time he was in sixth grade, he had dabbled in almost every drug available, and his early youth involved time in juvenile detention centers, a string of petty crimes, and a stint in a local gang. Then, in high school, Tito discovered wrestling—the perfect match for this tough, streetwise, ambitious kid.

Tito made his mixed martial arts debut at UFC 13 in 1997, winning his first fight in twenty-two seconds. In 2000, he was chosen as a light heavyweight contender in UFC 25 and took the belt, successfully defending it five times in the following three years.

Tito Ortiz pulls no punches as he recounts his journey from Huntington Beach Bad Boy to UFC superstardom—his difficult upbringing, his first marriage and struggles with fidelity, his battles with the UFC, his career highs and lows, and his current happy relationship with former porn star Jenna Jameson. An inspirational story of beating the odds, and an incredible glimpse into just what it takes to win in the world's most brutal arena, *This Is Gonna Hurt* is raw, frank, funny, and as fearless as its subject.



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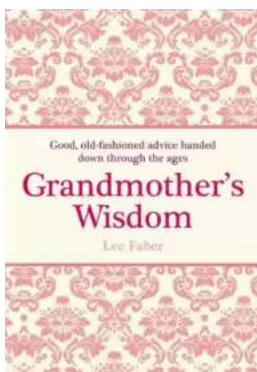
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