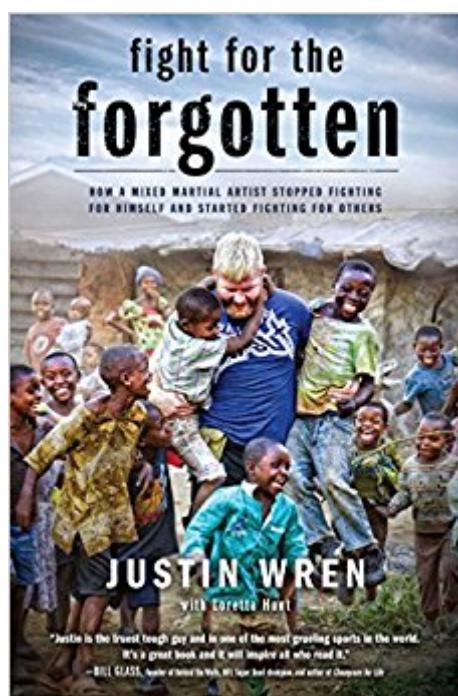


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# Fight For The Forgotten: How A Mixed Martial Artist Stopped Fighting For Himself And Started Fighting For Others



## Synopsis

From notable mixed martial artist and UFC fighter Justin Wren comes a personal account of faith, redemption, empowerment, and overwhelming love as one man sets out on an international mission to fight for those who can't fight for themselves. Justin knows what it feels like to be wronged. Bullied as a child, he dreamed of becoming a UFC fighter and used his anger as fuel to propel his dream into reality. But the pain from his childhood didn't dissipate. Instead, Justin fell into a spiral of depression and addiction, leading him on a path toward destruction. Kicked out of his training community and with no other place to go, Justin agreed to attend a men's retreat, and it was there he found God. As Justin began piecing his life back together, he joined several international mission trips that opened his eyes and his heart to a world filled with suffering deep in the jungle of the Democratic Republic of Congo. There he met the Mbuti Pygmy tribe, a group of people persecuted by neighboring tribes and forced into slavery. His encounter with the Pygmy tribe left him wondering who was there to help them and in that moment Justin stepped out of the ring and into a fight for the forgotten. From cage fighter to freedom fighter, Justin's story is a deeply personal memoir with a bigger message about a quest, justice, and the amazing things that can happen when we relinquish our lives to God.

## Book Information

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## Customer Reviews

"Justin is the truest tough guy and in one of the most grueling sports in the world. In this book he is standing up for those who are less fortunate. It's a great book and it will inspire

all who read it. (Bill Glass, founder of Behind The Walls, NFL Super Bowl Champion, and author of Champions For Life) "Fight For The Forgotten is an amazing true story of redemption, grace, and passion for justice. It will encourage you to trust God and allow Him to write the story of your life. (Dan Meyer, CEO of Joyce Meyer Ministries) "Justin Wren is a true inspiration, not only to the MMA community but to people all over the world. His story inspires me to be a better human being. (Adrian Ramirez, elite strength and conditioning coach of UFC fighters/Champions, trainer for Team Takedown) "Justin Wren loves God and loves people and his passion is truly inspiring. He is committed to do everything he can to help people in any way he can. His story will move you to become more of the person God created you to be and show you how you can push back darkness in the world! (Jud Wilhite, author of Pursued and senior pastor of Central Christian Church) "Justin's story is an example of what any man or woman can do when they discover and embrace who they are and what they are made for. This is not a story of a special person who has super human will, this is a story of a man set free to become himself. How can you change the world? Listen to God's voice, and then act. Justin did and that is what makes the difference. His story points us all to the power of our own stories. Read. Listen. Act. (Bob Hamp, author of Think Differently-Live Differently) "A fascinating read about transformation. Justin Wren is a big man and blessed by Christ with a new heart. The Mbuti pygmies of the DR Congo have been on the receiving end of Justin's transformation from UFC fighter to freedom fighter. God has used Justin in a remarkable way to minister His word to these forest people. (Malcolm S. Morris, chairman of The Millennium Water Alliance) "As you thumb through the pages you are able to walk the journey from the cage to the Congo with Justin. This is an amazing story of how one man fueled by faith can make a difference in this world in so many ways. Fight For the Forgotten is a book that will challenge you to see what could be possible in your own life. (Scott Bloyer, lead pastor of Elevation Christian Church, Aurora, CO) "What a refreshing read! God is perfectly able to alter the course of history all by himself, but he chooses to use unlikely individuals like Justin Wren to accomplish his purposes. This book will change your life! (Dr. James W. Jackson, founder of Project C.U.R.E.) "Fight for the Forgotten is a must read for every leader, every person who wants their life to make a real difference. (Ross Alan Hill, founder, president, and CEO of Bank2, author of Broken Pieces Nothing is Wasted) "Once in a great while a hero crashes onto the scene. This hero brings hope, life, freedom, and liberty to the generation. The hero of our generation is Justin Wren in the >. (Richard Greenly, founder of Water4) "Read > be blessed, be reminded, be challenged, be changed. (Shane & Shane, touring

artists and founders of The Worship Initiative)

Justin Wren is a Christian motivational speaker, missionary, social activist, and mixed martial artist. Since 2010 Justin has shared his testimony of love and redemption in prisons, schools, churches, drug rehabilitation centers, universities, and youth groups worldwide. In 2009 Justin was a quarter-finalist on Spike TV's "The Ultimate Fighter" during its tenth season. He debuted in the UFC that year and his professional record stands at 13-2. Justin launched Fight for the Forgotten, in conjunction with Shalom University, to raise funds for a program to liberate 1,000 persecuted Mbuti Pygmy slaves and relocate them to self-sustainable land of their own in the eastern Congo region. Loretta Hunt is a 15-year veteran sports, entertainment and human interest writer; a New York Times bestselling co-author; and a regular contributor to SportsIllustrated.com and CNN.com. Loretta has been published by People.com, Sports Illustrated Magazine, LATimes.com, and ESPN.com.

Justin Wren is a mountain of a man, but his enormous frame can barely contain his heart. In what can best be described as a memoir-laced love letter to a persecuted class of Congolese people, *Fight for the Forgotten* is equal parts savage heartbreak, God worship and anthem-worthy third world success. From the depths of drug abuse to the height of personal purpose, Wren creates a story that reads like fiction, but is all too real. Almost everyone has heard of African pygmies, but almost no one knows of their slave oppressors, brutal working conditions, horrible life expectancy, or the plight of their rapidly diminishing heritage. Wren received direction from God and followed his heart. The result is a human perspective on the ground in one of the most inhospitable and wretchedly poor places on Earth. In his fight to give these poor souls a voice and a purpose, Wren has finally found a war worth waging.

Justin's story is simply amazing. Period. His love for the unloved and desire to shine light into the darkest of places is contagious and has inspired countless MMA fans with whom he regularly interacts with over on the Underground ([mixedmartialarts.com](http://mixedmartialarts.com)). As a result, even those who are openly hostile to the Christian faith still respect and admire Justin and support what he's doing among his Pygmy family. They do so because they see that, as Justin describes in the book, his relationship with God is the core of who he is and there is nothing inauthentic or phony about it. The book does a great job of keeping the focus on how Justin went from being a shy and bullied kid, to a full-time MMA fighter, to a drugged-out depressed shell of a man...and then how he was

transformed by the Love of God in order to be a conduit for the love of God in the lives of some of the most oppressed and brutalized people on earth--the Pygmies of the Congo. As you follow along with Justin's story, you will realize that there ARE some things truly worth "fighting" for...and they have names and smiles and warmth and knowledge to share with us all. Buy this book. Read it. Share it. And be inspired.

What an awesome book! Not all great stories translate into great books.....but this one is absolutely does! It does a great job of going back and forth from his former "fights" (both in and out of the cage) to his current "fight", one where he is fighting for an entire population of people. I can't agree more with Adrian Ramirez when he says Justin's story "inspires me to be a better human being." This one deserves more than 5 stars.

I was turned on to Justin Wren through Joe Rogan's podcast. I can honestly say the episodes with Justin are some of my favorites. His story is so inspiring and beautiful. I immediately bought this book when I heard about it with absolutely no hesitation. This book was a much different view of the stories told on the podcast, in my opinion, on top of all the life events leading up to his journeys to the Congo. I dove into this book not realizing it would share so much about Justin's relationship with God. Once I got to reading, I was iffy as my own relationship with God was much like his (non-existent) in the beginning of the book. It has opened my heart to not only the Pygmies but to God also. I can't wait to share the story and give the Pygmies a voice :')

Sat down today (9/20) and read the entire book. It is an AMAZING book. Such a wonderful story about how God works in our lives, if we would just listen to Him. You are doing amazing work. Congratulations. Thank you for your testimony. Everyone needs to read this book. Not to just learn about the Pygmies in the Congo, and what you have done there, but how we need to love God and open our life to Him.

As we all know, the journey of life is tumultuous and often unforgiving, and avoiding setbacks and negativity is not only impossible but could be detrimental to one's growth and development. Having battled my own vices for almost two decades, reading Justin's personal account was like reading a journal I never kept. I was often embarrassed of my actions and almost always ashamed of what I had become during my years of drug addiction. Those years though, as tough as I thought they would be to shake off(which was often my excuse for not changing), did not define me. What I am

known for is how I bounced back. What's important is that I got back up to fight again. Justin in that sense is the ultimate beacon for anyone needing to find inspiration on their own journey. Guided by a refreshing take on faith Justin dropped his bad habits and negative influences to become Efeosa(the man who loves us) to the Mbuti pygmies. Short of writing a book of my own, it is hard to describe how inspirational it is to see people like Justin and his colleagues work tirelessly for the betterment of the most downtrodden people on earth. Their story and this book have changed my outlook on life for the better and permanently, and I can't recommend reading it enough. You might just come out the other side feeling compelled to do some good in the world.

Justin Wren's story is in book form now, though it will likely be shown across silver screens everywhere. The uniqueness in Wren's journey reads like it could be fiction, but it's all fact!As an MMA fan, I find it frustrating that the sport is still viewed as barbaric. Wren invites readers to move beyond the cage and dig into the characteristics that makes these fighters who they are. After a few turns of the pages, you will discover love pouring off the pages, and you yourself will fall in love with Wren's will to overcome and the length he'll stretch to help others.It's amazing to imagine traveling to the Congo and digging wells for access to clean water, but that's exactly what Wren, "The Big Pygmy" did! I don't want to spoil the book, but the road Wren traveled to connect with his Pygmy family to where he currently resides is incredible.I would invite any reader to pick this book up, fan of MMA or not.

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