



Fight for the Forgotten: How a Mixed Martial Artist Stopped Fighting for Himself and Started Fighting for Others

Justin Wren

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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.



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