



# The Boxer's Heart: Lessons from the Ring

*Kate Sekules*

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## **The Boxer's Heart: Lessons from the Ring** Kate Sekules

The Boxer's Heart is a brilliantly candid memoir and the first-ever guide to the world of women's boxing. Written by Food and Wine editor Kate Sekules, it tells the story of how an average athlete converted her visceral dislike of violence into a short but eventful career as a professional boxer makes irresistible reading for both fans and foes of what used to be "The Manly Art." Sekules's account unfolds with the pace and depth of a great novel, crammed with larger-than-life characters and piercing observations. Any woman who has grappled with anger and trust, been nagged by insecurity at the gym, or wondered what it feels like to throw a punch will identify with this witty and honest account of the "sweet science of bruising." "It's a knockout, folks..... The Boxer's Heart is a winner, on all cards."—Newsweek " Sekules ... is appealingly self-aware ... [and] gives us a sense of women's boxing as a thriving movement."—New York Times Book Review "Floats like a butterfly, stings like a bee."—Kirkus Reviews

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