



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

Justin Wren , Loretta Hunt (With)

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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 Wren knows what it's like to feel like the world is against you. Like many kids, Justin was bullied as a child, but had a dream that kept him going. Fueled by the anger he felt toward his tormenters, Justin trained hard and propelled his dream of becoming a UFC fighter into reality. But the pain from his childhood didn't dissipate and Justin fell into a spiral of depression and addiction, leading him on a path toward destruction. After getting kicked out of his training community, his career was in shambles and he had nowhere else to go, so Justin attended 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 came across 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.

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

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Brian bbykoski says

Truly inspiring

It was a very well done book. Very informative. Easy to read. Amazing dedication to a higher calling no matter what the circumstances. Definitely a saint among men.

Greg says

I was first introduced to Justin Wren through the Joe Rogan Podcast. The podcast left me with the impression that Justin was a MMA fighter and was dedicating his life to an enslaved group of people in Africa known as the pygmies. His book opened my eyes to the struggles that he faced as a child who was bullied, as a MMA fighter and his addiction to drugs, and as a white man attempting to improve the lives of pygmies in the Congo. It also introduced me to how his motivation to help the pygmies was inspired by God and the Christian faith. As a person who is not the slightest-bit religious, I really appreciated Justin's concept of God and religion. My interpretation of Justin's view is that religion should be an act of giving love to the world and all the life that inhabits it, rather than a list of rules that must be followed.

I listened to the audiobook version of this book. I thought the narrator did an excellent job. I would recommend this book to anyone who wants to be inspired.

Mary says

Fight for the Forgotten is an interesting book in the beginning. The author went to my high school and talks about it in the book. Besides that, I felt like the author was just trying to convert people to Christianity and would constantly talk about God and the Bible, which I disliked because I'm not Christian. The book just felt like a sermon to me, so don't buy this book if you aren't a very devout Christian.

Alodie says

This book was great. I read it very quickly. The weird thing that happened, for me, was that it would take me a little bit to think on what I had just read. I think the author is someone who has some issues with truth telling. Ok so the story is, that he got a message from god about going to the Congo, and also about the Pygmy people. He's a local, Denver, type person, mixed up with some crazy church people, who train him for this kind of life, by taking him out in the woods setting up all these obstacles, crazy training camp. But he's just this big lovable guy who takes it all in a stride. He is fun to listen to, to say he has a great outlook is an understatement (he even finds a way to make almost dying of typhoid fever interesting and uplifting.) To

take you through all of my moments of reflection on what he had written, and the actual undertones, what's written between the lines, of like, wait, did he really just say that? Would take too much time right here. He does amazing things in the Congo, people. They need fresh water. The whole thing is over the top amazing.

Carol says

Living proof that the God of the universe invites us to be a part of what He is doing on earth... if we are willing to surrender our agenda to His.

William Lotten says

One of the best books I ever read Justin is an angle among men what a soul this man has god bless him. This book is a must read.

LifeSparring.com says

I got the book for supporting Fight for the forgotten's Kickstarter campaign to fund a documentary film on the story.

The book is a difficult for me to rate:

The story is incredibly compelling and heart warming. Justin Wren is just an incredible amicable character. He is just one of this big scary guys with the most gentle heart possible.

The work he is doing for the neglected, discriminated and abused Pygmies of the Congo is absolutely awesome, so every Dollar donated to his cause is well spent.

However, what I struggle with is Justin's faith. He literally believes that he is on a mission, directly assigned by his god to go to the Congo. His religious beliefs are omnipresent through the whole book. There are passages of the book, that for me as a life-long religious skeptic, are painful to read. Why, if god is so powerful, does he let the Pygmies suffer at the first place? Why does he let you come down with Malaria and nearly die?

Everyone is entitled to his or her own beliefs and in Justin's case his newly found spirituality played a large part in his "raise from the ashes" and obviously the "new: Justin Wren does a lot of good. So no judgement here. But rating the book, rather than the story I can only give 3 stars.

Deziray Click says

A must read

I could not put this book down! His descriptions made me feel like I was in the jungles of Africa with him.

Such a great story of what God can do with one man with a dream to help. This is a story of redemption, recovery, forgiveness and impacting the world!

Cyndi says

This is a good account of how Justin Wren became involved with the Pygmies in Africa. He is not a literary guy, he is a mixed martial artist and in that way, he told an interesting and inspiring story.

Sophie Robertson says

Amazing.

Sharon says

I won a copy of this book through Goodreads.

Frankly, I was not able to get through chapter 4. It is poorly written.

The intent of his mission is admirable. For that alone I will give him credit.

Mary Welchans says

I loved this book! It is incredibly inspiring. Justin is very authentic and transparent- you feel as though you are close friends by the end of the book. You get to see how he went from fighting for himself to fighting for others!

Charity Andrews says

In this inspiring, true story, Justin Wren recounts his troubling journey from a struggling youth to a prosperous missionary. After years of being bullied (you know, like the kind of high school bullying you see in the movies but assume is over dramatized?), he became one of the greatest wrestlers and mixed martial artists of our day.

Being burnt by hypocritical religion and people, he had no desire to seek God for his peace. In an amazing turn of events, he becomes madly in love with Jesus. After having a vision of a poor and enslaved people group, God led him to the Mbuti Pygmy tribe. It was there that he saw his life's calling.

An absolutely beautiful book. Spiritually deep, raw and touching. I love what Justin is doing to help these

people and he inspires us to look beyond ourselves and our prosperous country. I highly recommend!

Thank you, Howard Books, for a chance to read this title! As always, this is my honest opinion. Here's to many more!!

Camiwar says

The author was an MMA fighter, but his personal demons were his greatest foe. He came to Christ and found victory over addiction and was given a passion for the Pygmie people in the Congo. This book is mostly about his year spent there digging wells for these people who are literally slaves in their own country. It is always encouraging to read the accounts of all the good that is being done around the world, especially since it is far too easy to become extremely self-centered in our present society.

Richard says

This is a interesting book and shows how you can change your life and go on to help others. Justin had to struggle with his life and getting this project completed. The story is about how he found his way and the courage to get this project started and help these pigmy tribes.

Good Work Justin and keep up the battle!
