

RICK MELLO
T H E
ART
OF
**ASS
KICKING**



Art Ass Kicking Rick Mello

G Orfield



Art Ass Kicking Rick Mello:

The Art of Ass Kicking Rick Mello, 2015-11-25 In this book Rick reveals his insights about coaches and boxers his experience with people who think they know or new the sweet science and the boxers he fought and trained since 1945 What he passes on is truly the art of ass kicking From studying his idol Willie Pep feather weight champion too Ted Williams the greatest hitter that ever lived what they had in common the will to be the best From Joe Lewis Billy Conn Rocky Marciano Ray Robinson Joe Fraser to trainers Whittie Burnstine Bill Gore Pete Mello and other great fighters and trainers just to mention a few The knowledge they passed on which Rick studied and also passes on **The Art of Confident Living** Bryan E. Robinson, 2009-01-23 Provides advice and ten practices to build one's self confidence and lead a more fulfilling life

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Ultimate Book of Songs and Artists Joel Whitburn, 2009 Book Be a song expert with this handy book from renowned archivists Record Research that lists all the significant songs and essential hits from 1955 to the present Also included are recommended playlists of each half decade s biggest hits as well as compilation suggestions for many types of events activities and moods including road trips stadium sports weddings workouts Christmas and much more Bonus categories include Hot Video Clips Billboard ,1985-10-26 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

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