

# Judo Olympian Pens New Book "Judo Is Life" And Uses The Principles Of Judo to Conquer Life's Battles

*"Judo Is Life" Puts Excellence Into Your Life: Dr. Rhadi Ferguson's New Book Transforms Everyday Challenges into Opportunities for Success*

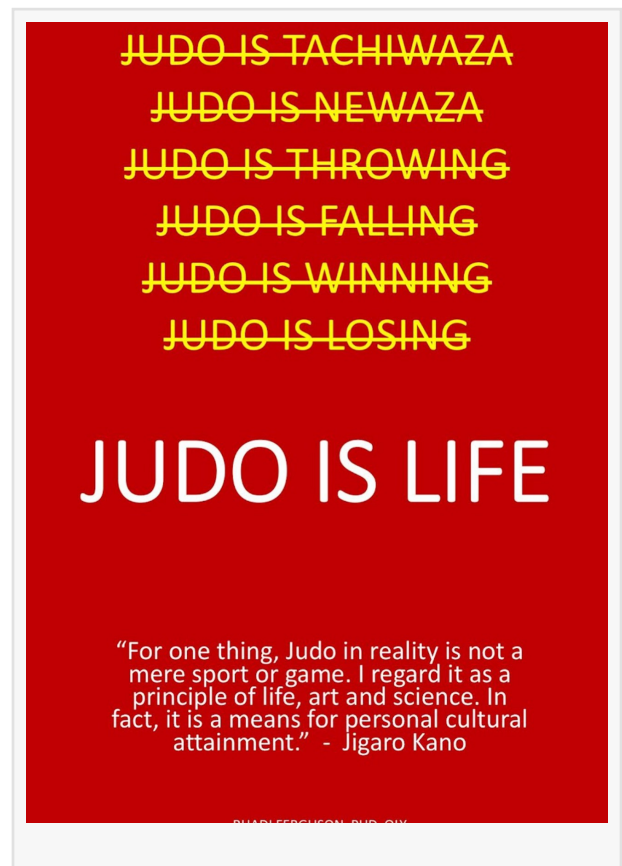
TAMPA, FL, US, April 20, 2024 /EINPresswire.com/ -- Dr. Rhadi Ferguson, a 2004 US Olympian in Judo and renowned motivational speaker, announces the release of his transformative new book, "[Judo Is Life](#)." This riveting publication is designed to guide readers through the journey of mastering not only judo but also the various arenas of life including business, relationships, and personal growth.

In "Judo Is Life," Dr. Ferguson employs his unique perspective as an elite athlete, coach, and academic to challenge the pervasive culture of mediocrity that often limits potential. With a career that spans across being a three-sport Division 1 NCAA athlete, Olympian, and a retired mixed martial arts fighter, Dr. Ferguson brings a wealth of experience and insight.

The book is structured to provoke thought and inspire action. Each chapter delves into critical aspects of life such as diet, business, sport, and relationships, through a lens that is both sharp and witty. Dr. Ferguson's approach is encouraging without being overbearing, making his insights accessible to everyone from young adults to seasoned professionals.

"If you are looking to reshape your narrative and strive for more than just the ordinary, 'Judo Is Life' is your manual for achieving greatness," said Dr. Ferguson. "This book is a result of my life's work and experiences, condensed into lessons that are not only about judo but about living life to its fullest."

"Judo Is Life" is more than just a book; it's a movement against settling for the status quo. It is perfect for those who are ready to push their limits and transform from ordinary to



extraordinary.

The book is now available for purchase online at [www.JudoIsLife.net](http://www.JudoIsLife.net)

Don't miss the opportunity to own this inspiring guide and make sure you are the one holding the pen in writing your life's story.

For more information about "Judo Is Life," to request a media copy, or to schedule an interview with Dr. Rhadi Ferguson, please contact:

“

With a career that spans across being a three-sport Division 1 NCAA athlete, Olympian, and a retired mixed martial arts fighter, Dr. Ferguson brings a wealth of experience and insight.”

*Rhadi Ferguson*

Rhadi Ferguson  
Tampa Florida Judo  
+1 561-414-1456

[email us here](#)

Visit us on social media:

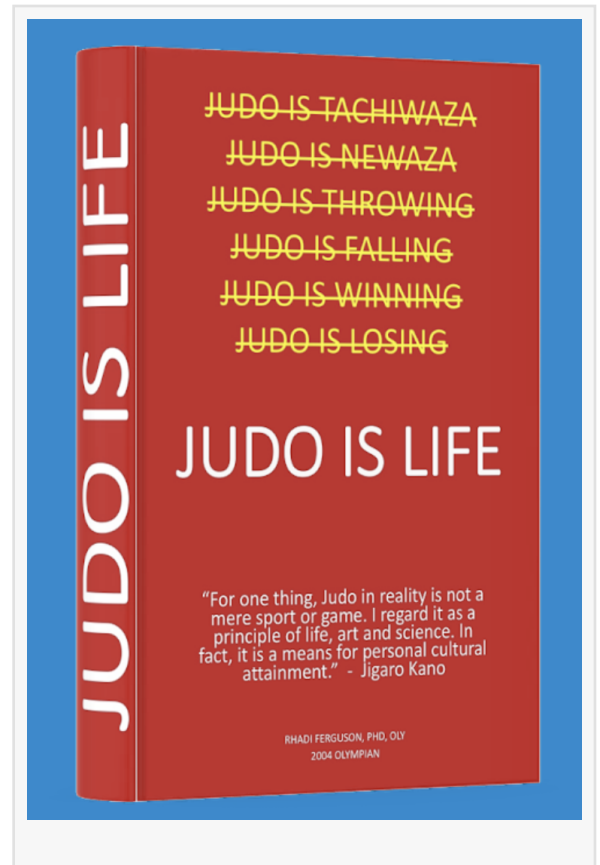
[Facebook](#)

[Twitter](#)

[Instagram](#)

[TikTok](#)

[Other](#)





---

This press release can be viewed online at: <https://www.einpresswire.com/article/705024283>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.