



Chasing Rocky

J. P. Flaim

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Boxers do what the vast majority of us will never do: they stand toe-to-toe and try to inflict as much punishment upon each other as possible. In *Chasing Rocky*, J. P. Flaim, a suburban father of two and cohost of *The Sports Junkies* on 106.7 *The Fan* in Washington, DC, became a part of that small percentage of people drawn to become a boxer. What started as a crazy idea from the arena seats of a professional boxing match transforms into a personal challenge that the deejay cannot ignore. This memoir follows the journey of this average Joe who chases his dream and discovers there's more to boxing than what can be seen inside the ropes. *Chasing Rocky* narrates Flaim's foray into the boxing world, where he encounters a dubious boxing promoter who sees only dollar signs, a no-nonsense trainer who tests his resolve, an aspiring pro who longs for a title shot, and an icon who has inspired millions. *Chasing Rocky* presents an inside look at the brutal training boxers endure. From facing fears to dealing with the pain of getting punched, Flaim tackles the sacrifices boxers make and explores the promotional aspects—from choosing the perfect heel to creating a grand ring entrance. He shows what happens when the bell sounds and a radio promotion idea becomes a boxing reality.

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