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# Here I Am: An Unconventional Life

*Jeff Podgurski*

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**Here I Am: An Unconventional Life** Jeff Podgurski
“Here I Am: An Unconventional Life” by Jeff Podgurski is a memoir of an eventful and epic life. The vivid tale traces a youth spent in Florida with an abusive step-father, to leaving home (and school) at 15, discovering Karate, Kickboxing, Heavyweight Boxing and stunt work on movies, all while dodging smugglers, Mafia types and unsavory people who were "detrimental to my existence." In his varied and exciting career, Jeff went on to become a U.S. Grand National Karate Champion. Jeff is a former world-rated Professional Kickboxer, holds a 5th Degree Black Belt and was named Sports Illustrated’s Number Ten Heavyweight Boxer in the world, not to mention, inducted into the Martial Arts Hall of Fame and all-round swell guy.

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