



Pain and Gain - The Untold True Story

Marc Schiller

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The year was 1994, Marc and his family lived an ordinary middle class life in Miami, Florida. Little did he know that in November of that year his life and that of his family would change forever. The events that were to unfold could not be conceived by the wildest imagination.

In this amazing book he narrates the events that led to his kidnapping and his attempted murder. It will transport and place you in the warehouse where he was held and give you a unique perspective of the events that transpired during that horrific month and the physical and mental struggle to beat the odds and survive.

Marc chronicles his story in torturous detail. His humiliation, pain and suffering at the hands of the Sun Gang Gym and his miraculous survival.

You will understand how and why he survived and that everything can be taken from a human being, but the one's spirit and determination to survive can never be.

No one believed his story, not the police nor anyone else. Nevertheless, he maintained steadfast and determined to bring the criminals to justice before they struck again.

Truly a harrowing tale and one that not only you soon won't forget but will uplift and inspire you!!

Pain and Gain - The Untold True Story Details

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From Reader Review Pain and Gain - The Untold True Story for online ebook

Margaret Tidwell says

From the moment I started this book I couldn't stop reading it. I personally have never heard of the movie or the tv show that was about this so when I had no idea what I was getting into when I started reading this book and lets just say I was shocked. If this book had been fiction I would have stopped reading it because some parts of it are so far out there that is insane. I am actually at a lose of words to describe this book. I liked the book and the fact that it is a true story made me like it even more. This is for sure a book for people who love to read true crime stories like I do.

Valerity (Val) says

I read this book by Marc Schiller after seeing trailers for the movie, and realizing somehow that there was a true story behind it that was even more fascinating. After searching it out and beginning it, I couldn't stop reading it. Its exactly the kind of book I love to read. Non-fiction, true-crime, and yet after all Mr. Schiller went through during his time in captivity, all he lost, he never gave up, kept his inner strength somehow, and even managed to survive despite all odds. It simply defies logic and is inspiring to the rest of us, or should be.

While it may not be a perfectly written book, it makes up for it and then some in content and spirit.

Marc Schiller says

Judge Alex Ferrer's Review of Pain and Gain-The Untold True Story

"Despite having sat through the entire trial, and having heard the live testimony, I still find myself cringing at Marc Schiller's description of his captivity, torture and attempted murder. This book speaks volumes about the evil that some are able to perpetrate and the tragedies that others are able to overcome." Judge Alex Ferrer, October 9, 2013

From the Author

This book proves that sometimes the truth is stranger than fiction!

What if you were kidnapped, tied to a wall for a month, starved, humiliated, tortured and then they tried to murder you, but you survived? What stories would you tell of how you were able to survive and the struggles you went through? What if you went to the police and they did not believe you? What would you do to evade those trying to kill you and how would you bring the criminals to justice before they struck again? How would that change your life and the way you perceived the world and people? Read this amazing book to find out!

The year was 1994, Marc and his family lived and ordinary middle class life in Miami, Florida. Little did he know that in November of that year his life and that of his family would change forever. The events that were to unfold could not be conceived by the wildest imagination.

In this amazing book he narrates the events that led to his kidnapping and his attempted murder. It will transport and place you in the warehouse where he was held and give you a unique perspective of the events that transpired during that horrific month and the physical and mental struggle to beat the odds and survive. Marc chronicles his story in torturous detail. His humiliation, pain and suffering at the hands of the Sun Gang Gym and his miraculous survival.

You will understand how and why he survived and that everything can be taken from a human being, but the one's spirit and determination to survive can never be.

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Truly a harrowing tale and one that not only you soon won't forget but will uplift and inspire you!!

EddieP says

Really, really good in parts, especially about nine-tenths through the book. I was bothered by the author's sarcastic asides as they were a little too frequent and the editor's haphazard work as noted by changing Colombia to Columbia (but only once) among others.

Tom Schulte says

This is the book written by the victim of the crime portrayed in the Pain & Gain movie. I wanted to read it to separate fact from fiction. Schiller's account tells a tale of weeks of privation, degradation and torture at the hands of crooks lacking in competency and humanity. It is an easy and lucid read with two main parts: imprisonment in the warehouse in near total sensory deprivation and working w/PI Du Bois to catch the crooks in a world where police, etc. do not believe his story.

Delee says

I usually get down off my soap box for Goodreads and leave my bitter ramblings for my Facebook wall, but this made me sooooo angry I have to spew....

Don't get me wrong this was a great book!-although I had to skim over some of the more brutal parts (but that is my issue). The problem I have is with Hollywood (in this case Mark Wahlberg and the scum sucking, bottom feeding- Michael Bay). Imagine your worst most painful, traumatic moments being thrown onto the big screen, and then imagine them being made into a comedy for peoples entertainment.

This is NOT a comedy. PAIN & GAIN is a book about a flawed, wealthy man- Marc Schiller- who had everything taken from him by a bunch of despicable, steroid crazed, sociopaths and one misinformed greedy, ex business partner. This is a book about a man who was held in a warehouse, tortured for a month until he signed over everything he had worked his whole life for, they set him on fire, ran him over with a car a couple of times, and left him for dead. They also decided that it worked so well the first time that it would be a great idea to do it again, so they tormented a rich husband and wife, strangled him until he died, drugged her with enough animal tranquilizers to kill her, hacked them into little pieces, and would have kept on going to the next person/people if they had not been caught. Does that sound like a comedy to you?

I have seen Marc Schiller interviewed and he is a broken man-it is easily recognizable to me..and for this reason I decided to read HIS book- NOT watch the movie for the rest of the story. In his interview he said that nobody ever told him a movie was being made, no one ever came to him for his side. Mark Wahlberg read about Daniel Lugo and Adrian Doorbal (the murderers) then brought the idea for a movie to the one man he knew that had no conscience as well (Michael Bay). Marc Schiller said he wrote this book so that people would hear the real story. The horrifying story.

So please if you are interested, read the book , and if you still feel the need to go see the movie version remember-THIS IS SOMEONES LIFE you are seeing, people died, they have families, this is not something that should be laughed about over popcorn.

stepping off the soap box

D.A. Childers says

Pain and Gain by Marc Schiller tells Mr. Schiller's incredible true-life story - a story that literally runs the gamut. At its onset, the story is heart-tugging as the young Marc begins his life in abject poverty in post-Peron Argentina. Finally emigrating to the United States at about 9, his life went from one extreme to the other as he began the transition from living in remote rural Argentina - without even the luxury of running water - to living in New York City, where he learned for the first time in his life that such things as TVs even existed.

Instilled with determination and drive at a young age, Schiller began working at any odd job he could find and literally became his own man while still in his youth. No doubt this determination and drive would serve him well in what lay ahead for him.

Finding success in life and having a knack for remaking himself several times over, however, eventually led Schiller to an encounter with a group known as the Sun Gym Gang. This group of absolutely idiotic criminals set about kidnapping Schiller in an effort to obtain his money. As the story continues from there, at times you can almost lose sight of the fact that this story is not a work of fiction as some of the events literally seem to want to play out like a farcical slapstick routine. But at the center of it all is still the real Mr. Schiller, who actually endured these events, absurd as some of it seems. And despite that absurdity, the ultimate intended outcome was very real - Schiller was placed in his car and intentionally wrecked, the car subsequently set on fire, and when he unexpectedly survived this and escaped from the car, he was then repeatedly run over by another car. At that he was left for dead, but that life-long determination and drive was still there and he somehow managed to survive even that, though then only to have to endure yet another tremendous difficulty in convincing the authorities to believe his story.

Pain and Gain reads pretty easily, though the content could be disturbing for some. The editing is on the better side of average, and has nothing that really throws it off in a way that it takes from the story being told. As far as that story, Pain and Gain is a book from which you can take numerous messages or that you can read from many different angles. You can read it as the story of one man's successes in overcoming many adversities. You can read it as a tale of luck. You can read it as a true-life crime story. You can read it as an inspirational tale of survival. You can read it as a tale of motivation to persevere. But whatever angle you read it from, you'll find it entertaining and inspiring.

Lisa says

I just saw the film, "Pain & Gain" (2013) tonight, not realizing one of the Sun Gym gang's victims had written a memoir, much less two of them. I look forward to reading his books.

I understand why the gang's survivors and the victims' families are upset that the movie tells the story in comedic fashion. However, they need not fear that audience members will find the real life events - or even the onscreen victims' ordeals - humorous, or that the audience will empathize with the gang members any more than viewers of Quentin Tarantino's film "Inglorious Basterds" empathize with the Nazis.

Donna Anastasi says

This story captivated me from page one, and I read it straight through, though I did have to skim through some of the more sadistic parts.

Marc Schiller was born into a tough life. His father, a proud and patriotic man, refused to leave their country of Argentina until the family was in a state of utter poverty. Then, he left Marc, Marc's sister, and his mother to fend for themselves while he made a place for them in America. Marc, well before the age of seven and his arrival to a dangerous area of New York City, learned how to be tough as nails and self-sufficient, as well as the central importance of family. A lovely side-thread through the book is the close bond between him and his sister (his confidant and rock).

Through perseverance and hard-work he established a business, a home, and a nice income for himself and his wife and two young children. This then became a story of "no good deed goes unpunished" taken to a horrible extreme. An employee and friend got involved with a bad/criminal crowd, and they conspired to take everything from him.

What makes this book so compelling and amazing is that Mr. Schiller never loses his quiet dignity despite all of the humiliation and pain inflicted upon him. One fascinating aspect of the book is how he very quickly adapted to the situation and relied on many survival skills such as compliance, playing along with their stories, keeping a clear head and not setting himself up with false hope, but always thinking, always looking for opportunities. He does all in his means to protect his family and survive for as long as possible. He keeps his faith and somehow doesn't lose sight of who he is and who they are. His derogatory naming of them "Mr. Friendly," "Mr. Torture," etc., for example, likely helped in that regard. Even to the point of death, he maintains one and only one overriding goal - to keep his family out of harm's way. I loved how in his ordeal very quickly all of concern for the material trappings and even for his own personal welfare just fell away and it was entirely about his wife and children.

Though there is chapter upon chapter detailing the cruel treatment Mr. Schiller experienced at the hands of his captives and the authorities who so badly handled his case, it was the ending where he reflects on the experience that brought me to tears. I cried through the entire final chapter. This book was amazing, moving, and inspirational. It inspires a new appreciation for the blessings of this life. It made me want to sit down to reassess my priorities and then go hug my kids.

Joana Arteaga says

This book had my attention from beginning to end! I seriously could not put this book down. Everything Marc Schiller went through during the month he was kidnapped was just so awful. It is almost hard to believe the things some people will do because of greed. It must have been heartbreaking to know that someone he helped and trusted would want to hurt, steal, and try to murder him. This book made me realize that everyone should pay more attention to what is going on in the world around them and really think about who they should trust but also appreciate what you do have and the people who love you. Even though no one believed his story at first I am so glad that in the end the criminals got what they deserved. I really loved reading Pain and Gain and think it is a book everyone should read.

Amber Moore says

I was floored at the awfulness and deceitfulness of these people thinking they could do what they do and think they could get by with it! This poor man!!

Brie McGill says

I read this book in one sitting and it left me gobsmacked.

It is stunning, the depths of senseless human cruelty that exists. The degree of torture that the author endured, physical and mental, first in captivity and after release, is shocking: and the most harrowing part it is that it was cruelty for the sake of cruelty. The author was a random person targeted for money, and had even shown nothing but extreme kindness toward one of his torturers prior to the abduction.

One of the comparisons made repeatedly throughout the book (especially when the author seeks help) is that his entire story sounds like it was "made for TV." But with fiction, things are encouraged to make sense, one would think for such an epic crime, there would be a motive, a reason, a grudge, any kind of impetus. But the reality of what the author endured was abject, senseless, random cruelty.

What makes the book such an amazing read is that these darkest aspects of human nature are offset in a powerful dichotomy: the power of spiritual fortitude and the will to survive. I was struck the most by the fact that, early into his abduction, the author realizes his captors for what they truly are--senselessly depraved--and takes a step back from emotionally involving himself with the situation. I can't imagine the immense courage it took to comply with all the humiliating demands in a detached, impersonal manner, but this is precisely the wisdom that saved his life, his family's lives.

Ultimately, this book is about the triumph and the indestructibility of the human spirit, told in such a way that it left me touched and sitting in awe. It is also a gift, because at some point in life, I'm sure everyone is confronted with one of the many faces of senseless cruelty--and it's a reminder that no one is alone, and the personal power to endure and overcome is infinite.

Teresa says

After watching Marc Schiller's story on Dateline the other night, I immediately ordered both of his books the following day. As soon as they arrived, I started reading, and just couldn't put down the 1st book--I finished in one night.

It left me numb and almost speechless. At times, I found myself crying, other times, angry, and other times, fearful. Then, it dawned on me that no words in his book would ever be able describe the extreme degree of suffering he endured during his time in that warehouse, and afterwards, dealing with the healing process while trying to convince the police that he wasn't lying.

This world is filled with all kinds of evil like the demons who entered Marc Schiller's life--all one has to do is look around. But what left a deeper impression on me was his unrelenting will and determination to survive, something that could have only emerged from the extreme depths of his character and spirit.

This book will stay with me for a very long time, not only because of Marc Schiller's horrendous experience, but mostly because of the positive message he left--stop wallowing in self-pity, re-assess what's really important in your life, forgive, let go, love and move forward.

Thank you, Marc Schiller, for sharing your message of hope and advice. You are a tremendous compassionate and forgiving human being--a true survivor. Excellent book.

Michelle Taylor says

This book pulled me in from the start! It's based on a true story which is fascinating. The author describes what he had gone through and his story is very emotional. I admire Marc who went through a lot of bad things but survived. He motivates me and is an inspiration for me. Not only does the author share his story, you "feel his story." You will not be able to put it down until you reach the end. I thoroughly enjoy reading it! This is a book to stay up late and read, you just can't put it down!

Anum says

skimmed through few gruesome descriptions but over all spine chilling.
