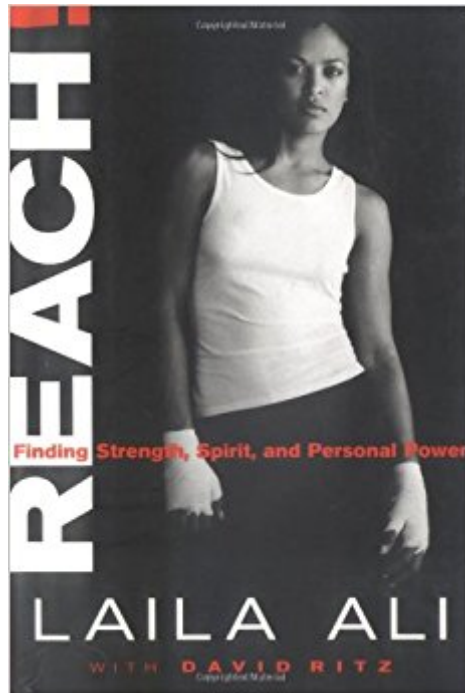




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Reach!: Finding Strength, Spirit, And Personal Power



Synopsis

With an undefeated 100 boxing record, Laila Ali can definitely hold her own in the ring. She has received a firestorm of media coverage, and her recent bout with Jacqui Frazier was the most highly publicized female boxing fight ever. Now, she offers her formula for physical, emotional, and mental power in a motivational memoir that delivers 15 rounds of straight-talking, hard-hitting advice. She reveals how she overcame child abuse, weight issues, isolation, and overall bad behavior by tenaciously developing a talent that she enjoyed professional boxing. She demonstrates how to sidestep feelings of self-pity and defeatism and achieve success in all arenas: diet, family, personal relationships, physical training, and more. Combining spiritual inspiration with practical guidance, Laila Ali's program will show readers of all ages and backgrounds how to transform the demons of self-doubt into positive, winning energy.

Book Information

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Customer Reviews

Twenty-three-year-old professional boxer Laila Ali, daughter of Muhammad Ali and Veronica Porche, notes, "I've always been a little suspicious of people who write books the minute they get famous... if I write a book... it's going to have to help people and tell the truth." Ali attempts to do that, but falls slightly short, offering instead a chronicle of her childhood and career thus far. In a direct, no-nonsense narrative, she discusses her feelings of isolation as her parents focused more on their public face than on family. She endured physical abuse, arrests, stints in jail and stays at a group home. Ali admits she was a difficult child, uninterested in school and sometimes mingling with the wrong crowd, but given the lack of supervision, this isn't surprising. Ali's honesty is appealing

and readers will be sympathetic to her adolescent difficulties. However, her book lacks a strong motivational element. While Ali discusses her own development, she fails to generalize for readers. The chapter headings (referred to as "rounds") suggest a self-help message (e.g., "Developing Independence

Laila Ali is a 23-year-old prize-winning professional boxer. She lives in Las Vegas, with her husband and promoter, former boxer Johnny "Yahyah" McClain. This is her first book. Author David Ritz is best known for co-writing the autobiographies of music legends B. B. King, Ray Charles, Aretha Franklin, Smokey Robinson, Jerry Wexler, Etta James and most recently, the Neville Brothers. He also wrote *Divided Soul*, which is the definitive biography of Marvin Gaye. He lives in Los Angeles.

I just received it, and have not completed the book yet, but from what I've read, I can tell you that it's very, interesting, inspirational, and believe or not very relatable. Laila is very sincere and honest in this book and with pretty much all that she has done, she's truly inspired me. I'm a fan of her and her father. I know this is a old book but I love supporting people like her because I'm always left inspired. Fun fact) I feel that I'm in my blessing season because when i ordered this book, I had a standard shipping, which means it could have came early as June 30 or late as July 19 but it came exactly on my 24 Birthday which was yesterday, the first of July and at the time in this book she said she's 24, what a coincident.

This is a great book, especially for young girls and women!

strong mentally and physically

I was actually caught off guard by Ms. Ali's candor about her famous father. On the surface it appeared as if they were a typical loving family, but beneath it was quite the opposite. She shares stories of hurt, distrust, victory, and triumph. Anyone looking to gain insight of her life will truly get a sense of just that. I recommend this to anyone needing to get inspired.

Would recommend this book as a gift for adolescents and young adults, it is well written and presents Laila's reflections, on both her successes and her mistakes, in an inspiring way.

Laila Ali is one of my role models I always wanted to be just like her once I got older.

If there are certain things that you want to know about her childhood this is the book to read. There are some surprises that may or may not shock you.

I bought the book to inspire my daughter and found it very interesting myself. It's simple and to the point. Very interesting without a boring moment.

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