

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.

The Third Kingdom, Very Hairy Bear, SEAL Team Bravo: Black Ops - Spear of ISIS, Legal Environment of Business: A Contextual Approach, New Beginnings (Forbidden Book 7),

In Reach! Finding Strength, Spirit, and Personal Power, the daughter of Muhammad Ali explains how she found power within herself to pursue. REACH! Finding Strength, Spirit and Personal Power. Laila Ali, Author, David Ritz, With with David Ritz. Hyperion \$ (p) ISBN. Reach! has 78 ratings and 11 reviews. Sara said: This book was a lot more interesting then I thought it was going to be. I had no idea about the struggle. With an undefeated boxing record, Laila Ali can definitely hold her own in the ring. She has received a firestorm of media coverage, and her recent bout.

Reach! Finding Strength, Spirit and Personal Power by Laila Ali, , available at Book Depository with free delivery worldwide. The Paperback of the Reach! Finding Strength, Spirit and Personal Power by Laila Ali at Barnes & Noble. FREE Shipping on \$ or more!.

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akaiho.com: Reach: Finding Strength, Spirit, and Personal Power: Signed by Laila Ali on the title page. The book has a small dampstain on the front and rear. akaiho.com: Reach!: Finding Strength, Spirit, and Personal Power () by Laila Ali; David Ritz and a great selection of similar New, Used and. Find great deals for Reach!: Finding Strength, Spirit and Personal Power by David Ritz and Laila Ali (, Paperback). Shop with confidence on eBay!. Combining a gripping personal story with practical advice on such subjects as diet, training, family, romance, and much more, Laila Ali shows.

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