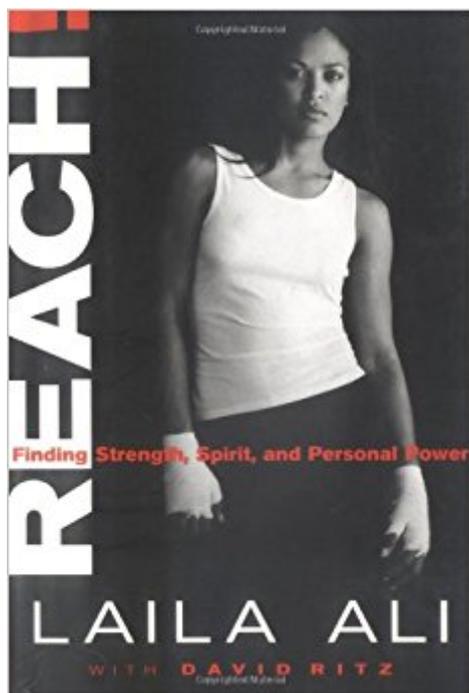


The book was found

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

Hardcover: 288 pages

Publisher: Hyperion; 1 edition (June 2002)

Language: English

ISBN-10: 0786868554

ISBN-13: 978-0786868551

Product Dimensions: 5.8 x 0.8 x 8.6 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 14 customer reviews

Best Sellers Rank: #607,910 in Books (See Top 100 in Books) #95 in Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Boxing #4220 in Books > Biographies & Memoirs > Ethnic & National #5331 in Books > Self-Help > Success

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 come 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.

[Download to continue reading...](#)

Reach!: Finding Strength, Spirit, and Personal Power The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Beautiful Me: Finding Personal Strength & Self Acceptance (Essential Health: Strong Beautiful Girls) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Deliverance From Python Spirit: Powerful Prayers to Defeat the Python Spirit â “ Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3) Gay Dating Success: Finding Real Love and Intimacy In a Straight World (Real Love, Sex, Finding Women, Finding Men Book 1) THE OUTSTANDING YOUTH COACH: A Total System To Help Young Athletes Reach Their Personal Best and Win More Often Winning Personal Injury Cases: A Personal Injury Lawyerâ™s Guide to Compensation in Personal Injury Litigation ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam Animal Spirit Guides: An Easy-to-Use Handbook for Identifying and Understanding Your Power Animals and Animal Spirit Helpers Holy Spirit: Unlocking the Power of the Holy Spirit Wild Feminine: Finding Power, Spirit & Joy in the Female Body Advanced High Strength Steel and Press Hardening: Proceedings of the 3rd International Conference on Advanced High Strength Steel and Press Hardening - Ichnu 2016 Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness,

strength training, bodybuilding training) The Strength Switch: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)