


Reach!: Finding Strength, Spirit, and Personal Power


By Laila Ali, David Ritz



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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.

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Editorial Review

From Publishers Weekly

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"; "Coping with Confusion"), yet Ali merely shares her experiences and doesn't offer advice. Some readers will be inspired by the author's words, e.g., "Everyone's story is special" and "Success is built on a foundation of hard work," but had Ali explained more of her decisions rather than simply recording the events of her life, her book would have been a more valuable inspirational tome. Copyright 2002 Cahners Business Information, Inc.

About the Author

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.

Users Review

From reader reviews:

Johanna Hernandez:

Reading a book tends to be new life style in this era globalization. With reading you can get a lot of information which will give you benefit in your life. Using book everyone in this world can share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their reader with their story or even their experience. Not only the story that share in the publications. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book which exist now. The authors on earth always try to improve their expertise in writing, they also doing some research before they write to their book. One of them is this Reach!: Finding Strength, Spirit, and Personal Power.

Ida Green:

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or their particular friends. Usually they undertaking activity like watching television, gonna beach, or

picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled Reach!: Finding Strength, Spirit, and Personal Power can be good book to read. May be it can be best activity to you.

Paula Adame:

Reach!: Finding Strength, Spirit, and Personal Power can be one of your basic books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to get every word into satisfaction arrangement in writing Reach!: Finding Strength, Spirit, and Personal Power nevertheless doesn't forget the main position, giving the reader the hottest and also based confirm resource data that maybe you can be certainly one of it. This great information could drawn you into fresh stage of crucial contemplating.

Kim Nielsen:

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