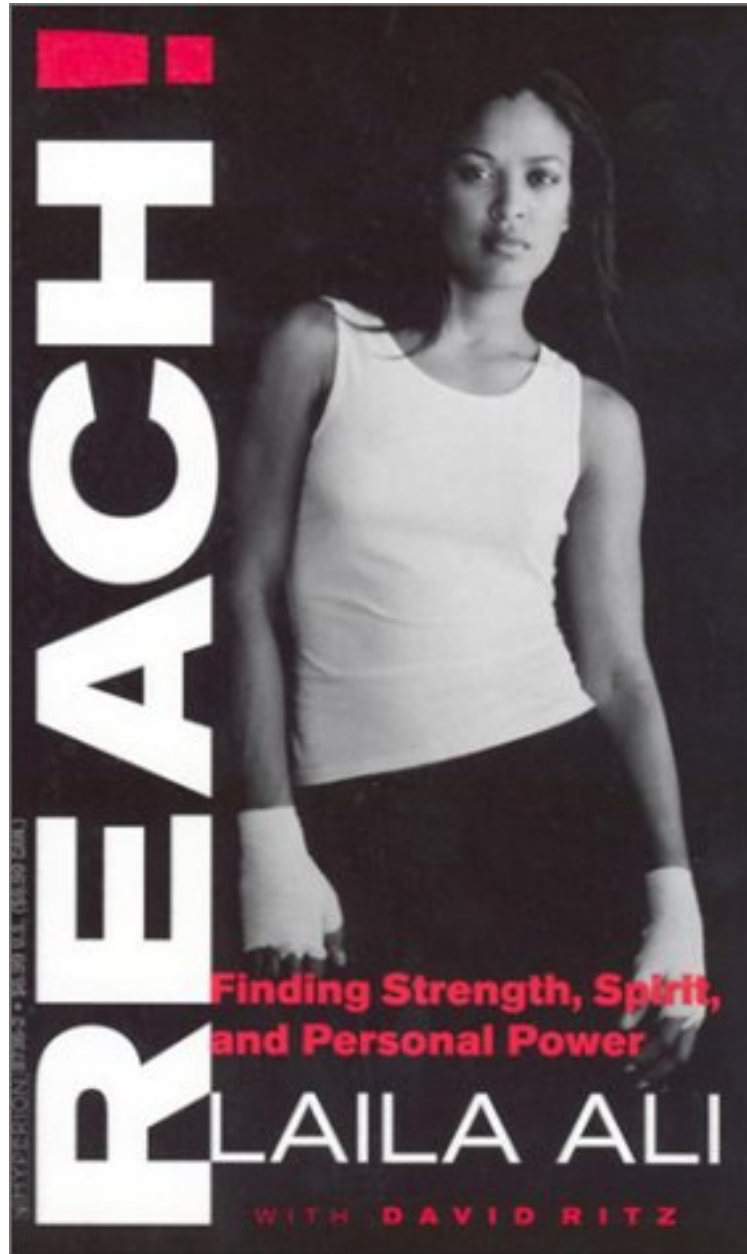


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With an undefeated 100 boxing record, Laila Ali can definitely hold her own in the ring. She has received a firestorm of media coverage, and her recent bout with Jacqui Frazier was the most highly publicized female boxing fight ever. Now, she offers 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.