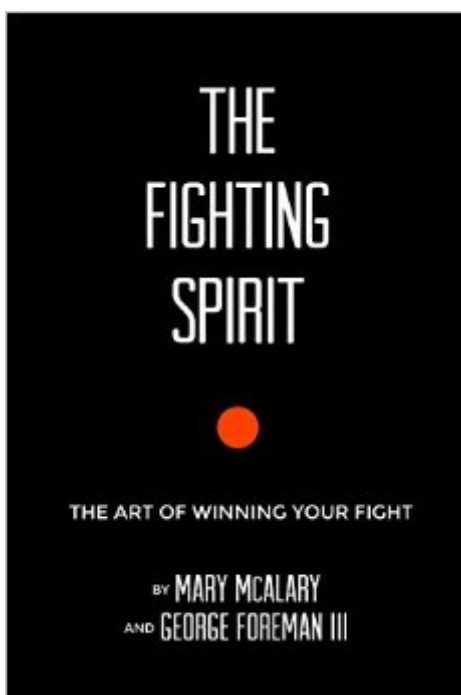


The book was found

# The Fighting Spirit: The Art Of Winning Your Fight



## Synopsis

To anyone and everyone who wanted to give up but didn't, who hit rock bottom and came back swinging or anyone who ever wanted to this book is for you. George (Monk) Foreman III teams up with Mary McAlary, a mom and grandmother fighting MS, to co-author the ultimate motivational playbook. *The Fighting Spirit: The Art of Winning Your Fight* is the first in the *Everybody Fights* book series, part of the heartfelt mission of 31-year-old George Foreman III, the son of the great boxing legend George Foreman, to build and foster a community of everyday fighters and inspire their journeys by sharing their stories. George III and Mary, who was diagnosed with MS 10 years ago, seem to be unlikely family at first, but their fight and philosophy of living bring them together to share their life-changing stories and personal hard-won lessons. Together, they pack a punch of inspiration. Readers will learn the key Fight Laws needed to win their own battles and ultimately be able to join a growing community of truly inspirational people. The book is chockfull of motivating wisdom as well as tips for wellness and living with MS and a few of Mary's favorite healthy recipes, too. Why? Because EVERYBODYFIGHTS. As George III says, it's about chomping at the bit to wake up and defy the odds every day. It's about being scared to death and saddling up anyway. It's about turning your fight ON when you have a diagnosis! Fighting is not a sport it's a spirit.

## Book Information

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Average Customer Review: 4.9 out of 5 stars See all reviews (27 customer reviews)

Best Sellers Rank: #967,369 in Books (See Top 100 in Books) #133 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #400 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #7001 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

This book is a real life example of the insurmountable power of positive thinking. It is a beautiful

reminder, as well as, a unique approach to facing the inevitable obstacles of life with "a Fighting Spirit." The 12 Fight Laws, born out of the ring, are applicable to the challenges of everyday life AND to the larger obstacles of which Mary was able to overcome, and of which we'll invariably face at one point in our lives. The "Art of winning your fight" is about perspective and this book gives you fight laws, facts and healthy pointers to help you do that! Read this amazing advice from two real fighters who are winning their fight!

Everybody fights. Whether you wake up training to get in the ring or wake up to hit the 9-5, we all fight in every aspect of our lives. Success doesn't come to those that wait for the fight to come to them, but is something sought out by those who wish/want to be great. George is a man that has accomplished success both inside and outside of the ring. His book gives us 12 fight laws that can be applied to any situation worth fighting for. Following these simple 12 laws will turn even the average person into someone great.

THE FIGHTING SPIRIT is helping me to wake up everyday and defy the odds--MY odds. It's for anyone who needs a push to keep on going, perfect for someone who might have lost their way, is struggling with an illness or some personal difficulty. George Foreman III's 12 Fight Laws and Mary McAlary's "fight of her life" story are really empowering. It's a quick inspiring read--I finished it in one sitting! POW! LOVED IT!

A truly inspiring book - Mary's fight is inspirational and her courage unwavering. This book is for anyone whether you box or not. I read every page the first night my book came in the mail. If you need some extra motivation or are just looking for some inspiration be sure to add this to your cart! You won't regret it.

Absolutely love this book! I keep it on my night stand to have handy anytime I need a shot of motivation in the morning or a dose of perspective at night after a long day. Mary you are truly amazing, thank you for sharing your incredible story with us! Looking forward to the next one G3!

Inspirational and thoughtful. This book will teach you that through life's struggles one has to keep fighting back. I loved the collaboration of George and Mary and hope there is more to be heard from both of them. Read this book.

Wow! Amazing book! It's not just a book about boxing but rather about how to keep fighting when life throws adversity at you and never give up. A MUST READ!

In Lieu of flowers or food, I have personally sent this book to friends and family who are going through a difficult time. Illness, loss, depression, you name it. Totally an inspirational book for all!!!

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