

Going the Extra Smile: Discovering the Life-Changing Power of a Positive Outlook



A former street-tough, angry, scowling man who inspired fear, now shares how a smile changed his life. When it comes to a positive, can-do attitude, George Foreman is the champ, and in *Going the Extra Smile*, he shares personal stories and key insights about achieving victory in the ring of life. His approach is upbeat and light-hearted, but his principles have depth and are rock solid. He deals with the various dynamics found in a smile--including resilience, optimism, the willingness to forgive, seeing the best in others, not taking oneself too seriously, and more. This book of practical, hard-won advice will be a treasure to encourage young and old alike.

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