



# **Life in the Ring: Lessons and Inspiration from the Sport of Boxing Including Muhammad Ali, Oscar de la Hoya, Jake LaMotta, George Foreman, Floyd Patterson, and Rocky Marciano**

*John Oden*

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**Life in the Ring: Lessons and Inspiration from the Sport of Boxing Including Muhammad Ali, Oscar de la Hoya, Jake LaMotta, George Foreman, Floyd Patterson, and Rocky Marciano** John Oden  
**Much more than a book on boxing. Life in the Ring is equally historical, literary, and inspirational. Truly a one-of-a-kind book.**

There is no sport more unforgiving than boxing. Boxing represents the best of who we are as individuals. Those who have participated in the sport, at any level, can use the lessons they have learned in all aspects of their lives, from business, to politics, to personal relationships. People observing the sport can draw on the insight that boxing imparts in all phases of their lives.

*Life in the Ring* gathers the wisdom and lore of the "sweet science" of boxing and organizes them into a single volume that is equally historical, literary, and inspirational. An invaluable compendium, *Life in the Ring* offers the stories of boxing legends, past and present, and draws inspiring lessons from the remarkable determination, fortitude, and willpower that made these men great.

Included are such engaging themes and examples from the lives of legendary boxers as:

- \*The Role of Courage and Confidence—*Muhammad Ali*
- \*On Challenging Yourself—*Oscar de la Hoya*
- \*The Quality of Being Tough—*Jake LaMotta*
- \*Reinventing Yourself and Making a Comeback—*George Foreman*
- \*Overcoming Obstacles through Persistence and Determination—*James J. Braddock*
- \*Winning Without Shortcuts—*Joe Calzaghe*
- \*Making Fear Your Friend—*Floyd Patterson*
- \*Overcoming Pain—*Rocky Marciano*
- \*The Power of Discipline and Preparation—*Bernard Hopkins*
- \*On Giving Back—*Vitali and Wladimir Klitschko*

With a Foreword by the famed boxing writer, Bert Randolph Sugar, and exciting, relatable stories, *Life in the Ring* packs a fantastic punch for readers of all kinds.

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