



# George Foreman's Guide to Life: How to Get Up Off the Canvas When Life Knocks You Down

*George Foreman*

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**George Foreman's Guide to Life: How to Get Up Off the Canvas When Life Knocks You Down** George Foreman

A down-to-earth guide to life from two-time heavyweight boxing champion of the world, George Foreman. George Foreman knows what it's like to get knocked down - in the ring and in life - and he knows how to get back up again. Two-time heavyweight boxing champion of the world, he knows what it takes to succeed. He has a wealth of life experience to share, and in **GEORGE FOREMAN'S GUIDE TO LIFE** he does just that. George was brought up in Houston's Fifty Ward, an area cursed with poverty and despair. The fifth of seven children, he grew up using his size, his fists, and his strength to take what he needed. A junior high school dropout, George graduated from the proverbial school of hard knocks. Boxing was a way to channel his rage and to make money. When he won the 1968 Olympic Gold Medal in boxing, he began a life journey more compelling than any novel, an incredible story of triumphs, defeats and comebacks, a story of redemption and faith. In **BY GEORGE**, Foreman told his story. In this book he shares the hard won life lessons he has learned and offers inspirational advice and guidance for families everywhere.

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