



To Live and Dream: The Incredible Story of George Foreman

Ed McCoyd

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In 1974, boxer George Foreman lost the heavyweight championship of the world. In 1994, at age 45, he won it back. Filled with action and photographs, this is the easy-to-read biography of one of America's greatest heroes.

Despite some low points in his life, George Foreman has always succeeded in turning himself around. He transformed from teenage thug to Jobs Corpsman and Olympic gold medalist in the 1960s. Then, after becoming heavyweight champion of the world by routing Joe Frazier in 1973, George lost his title to Muhammad Ali in a stunning upset. Foreman was humiliated and eventually quit boxing, but he found happiness by going home to Houston to become a preacher and help underprivileged boys. George returned to the ring in 1987 and, at the age of 45, miraculously regained the heavyweight crown by knocking out Michael Moorer on November 5, 1994.

In addition to winning fights, the two-time champion uses his great sense of humor to win people's hearts. Overweight throughout his comeback, George good-naturedly confronted fat jokes by saying he was on a "sea food diet -- whatever I see, I eat." With his shaved head and large stomach, Foreman looks like a cross between Santa Claus and Mr. Clean. But his image of himself is so good, he named all four of his sons "George."

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