



The Great Eight: How to Be Happy (even when you have every reason to be miserable)

Scott Hamilton

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Beloved Olympic skater shares his secrets to happiness on and off the ice.

Scott Hamilton has experienced the heights of accomplishment and the depths of disease, from winning the Gold to becoming a cancer and brain tumor survivor. But through his successes, struggles, and setbacks, Hamilton has never lost his trademark humor and honesty. More important, he has never lost his faith and optimism. How does he keep smiling?

In *The Great Eight*, Scott uses stories from his international career and personal life to describe the eight secrets that — through commitment and repetition — have helped him “clear the ice,” get back up, and “smile like Kristi Yamaguchi.”

“Scott Hamilton . . . lives his life as a champion. Everyone needs the positive message of this greatly inspiring book.”

~Kristi Yamaguchi, Olympic Gold Medalist

“I know and love Scotty Hamilton. You will, too, after you read this book.”

~William Shatner

“The Great Eight is an inspiration to us all.”

~Donald J. Trump

“It’s like my bud Scott says: ‘You can’t just skate through life and expect to be happy!’”

~Kevin Nealon, actor, comedian, Saturday Night Live alum

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Frederick Rothman:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity here is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a guide. The book The Great Eight: How to Be Happy (even when you have every reason to be miserable) it is rather good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space bringing this book you can buy typically the e-book. You can more very easily to read this book out of your smart phone. The price is not to fund but this book provides high quality.

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