



# Answer the Bell: Inventing Your Life as a Champion

*Paul Vaden*

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# Answer the Bell: Inventing Your Life as a Champion

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## **Answer the Bell: Inventing Your Life as a Champion** Paul Vaden

Retired Former World Junior Middleweight Boxing Champion Paul Vaden ("The Ultimate") has never hesitated to "Answer the Bell" whether in the boxing ring facing an opponent or in the larger arena facing life's challenges. Now trademarked as the Paul Vaden brand for his motivational seminars and corporate wellness programs, "Answer the Bell" is a fitting title for The Champ's first book. Answer the Bell is a first-hand account of Vaden's meteoric rise from the streets of San Diego and the Jackie Robinson YMCA to Las Vegas's MGM Grand Hotel & Casino and the memorable 1995 Pettway-Vaden match when Vaden captured the world junior middleweight title with a TKO in the 12th round. During the years of rigorous training, Vaden discovered a boxing career involved much more than developing well-honed skills, perfect timing and expert footwork. Vaden has taken all the skill sets learned in the boxing ring and adapted them to serve as motivational tools for helping others live, walk and breathe with the mindset of a champion, regardless of their challenges. Vaden's "Answer the Bell" program gives people specific recipes for managing stress and maintaining a balanced lifestyle.

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