



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

*Scott Hamilton*

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

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