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### Mickey Ellison Show Archives Available November 26th 2014: A Show of Thanks Changes the World

We have so much to be thankful for. This week on the Mickey Ellison Show, Alisha Smith, partner in Complete Fitness, joins Mickey. With all of the turmoil in our lives and in the world around us, it's easy to become cynical, angry, and depressed making it difficult to be thankful. Having a roof over ones head, clothes to wear, and food to eat is often taken for granted, and we are all guilty of doing this. Even in our struggles there can be many things to be thankful for. Complete Fitness itself is a result of struggles and Mickey says, "I'm thankful for those struggles. They have taught m

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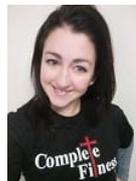
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### Featured Guest



#### Alisha Smith

At first glance, Alisha appears to be a typical 31 year old mother of 4. She has a tremendous love for children, hence her Masters in Education from Cabrini College and 4 kids. Being a mother to her children is her most significant role, but she is now working to change the lives of others as a Beachbody Coach. She has been to a very dark place in her life, and has been able to find herself again. She's battled depression, financial struggles, and had marital issues. Rather than look at those struggles as a curse, she now uses her experiences to help others, making them a blessing. Alisha's finances are now back on track, her marriage is stronger than ever, and knows she is bless

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