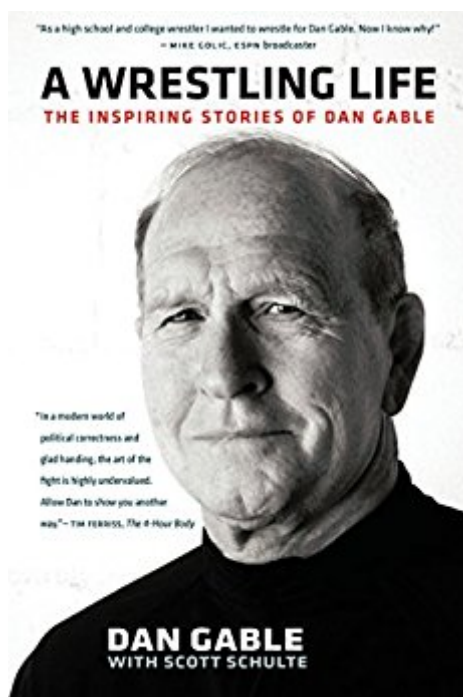


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# A Wrestling Life: The Inspiring Stories Of Dan Gable



## Synopsis

What does it take to be an Olympic gold medalist and to coach a collegiate team to fifteen NCAA titles? In *A Wrestling Life: The Inspiring Stories of Dan Gable*, famed wrestler and wrestling coach Dan Gable tells engaging and inspiring stories of his childhood in Waterloo, Iowa; overcoming the murder of his sister as a teenager; his sports career from swimming as a young boy, to his earliest wrestling matches, through the 1972 Olympics; coaching at the University of Iowa from the Banachs to the Brands; life-changing friendships he made along the way; and tales of his family life off the mat. A celebration of determination, teamwork, and the persevering human spirit, *A Wrestling Life* captures Gable's methods and philosophies for reaching individual greatness as well as the incredible amount of fulfillment and satisfaction that comes from working as part of a team. Whether we are athletes or not, we all dream of extreme success and are all looking to make our future the best it can be, but along the way we will undoubtedly need time to recover and rejuvenate. Let these stories inspire you to find your path to strength and achievement along whatever path you take.

## Book Information

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## Customer Reviews

A series of vignettes (short tales of his life), evidently told by Gable and written by Schulte. There is

more here about Gable's personal life than I expected--and it is welcome. His life and accomplishments--he is clearly one of the greatest athletes and coaches ever--are certainly inspirational. That being said, the book feels overly edited and fairly begs for more. More content. More detail.

As a resident of Waterloo, I think of Dan Gable as an example of the first John Deere tractor. Just like it he showed the way to be a winner. His stories are full of what made him a winner and if we applied his examples we can also win in our lives. A great read for those who need to know that success comes from hard work. There is no easy road to being happy and a winner. We all lose some of the time, we just need to keep trying.

Being a former wrestler, I loved this book. It gives insight both into how wrestling impacts one's life beyond the mat (and its extremes regarding Gable) as well as a window into a bygone era where kids rode in the front of a truck without seat belts and cops still seemed like citizens of small towns rather than SWAT teams. His stories are sometime unbelievable but give insight into who this man is as well as what circumstances helped shape him and the sport of wrestling. It's a fairly quick read and the writing is one from someone who hasn't written many books but that only adds to its sincerity.

**A Wrestling Life: The Inspiring Stories of Dan Gable** An extraordinary life of inspiring experiences is hard to put in words. The book is told by Dan Gable and written by Scott Schulte. They take you through the vast accomplishments and struggles Dan Gable encountered. Although the book is short, you will be inspired by the life of an ordinary Iowan. Dan Gable will give you life lessons learned by him that will teach you what perseverance is all about. Through the childhood that couldn't have been more tragic than it was. Through his college days Dan Gable sheds light on how important family should be in your life. You will see how these events didn't stop him from slowing down his pace nor knock him off the track of becoming the most dominate wrestler of all time. These times actually motivated him to become closer and stronger to his family. As you read through his life you see one outstanding factor that helps him accumulate the dominance in his wrestling career; that is his focus. You see Dan Gable develop a type of focus only known to men in combat or surgeons would have. The amount of time spent training in the gym, wrestling with friends, and running along cars is all for his one goal. When he transfers over to his professional career, it doesn't stop his focus or his determination. Your veins will be pumping pure of

patriotism after learning, in great detail, of his Olympic matches and preparation. You wonder what can this guy accomplish next. The tragic events that shape his life makes you see how real and human he is. Dan Gable realizes that his talent on the mat is just as good as his talent in corner of one. You are electrified by the passion he brings to his coaching career and his athletes. This book is a great read no matter whom you are.

Fantastic read! This was an incredible insight to Gable's early years and his growth as an athlete and young man! Most interesting was that nearly all of the book was new stories about Dan and his success, the lessons he learned and the way he coached! Great read!

I really enjoyed the book and my only complaint is that it wasn't longer. It was great to read the stories about Dan Gable's life and the wrestlers who have had an impact on him and his career.

True inspiration from a man of great discipline. Warm and inspiring stories that make for great reading. I could not put the book down!

Dan Gable is a hero of mine in that he inspired me to work hard and smart to be the best in whatever moves you. It motivates me as a teenager and even now in my work life as an adult. Great stories and nice insights, not a whole lot of in depth things on Gable in a book form so glad to see this. My oldest boy really likes it too

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