



# A Wrestling Life: The Inspiring Stories of Dan Gable

*Dan Gable, Scott Schulte*

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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.

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