

Highly Recommended Books of Interest

Make it Happen *The Inspiring Story of NCAA Wrestling Champion* by Mitch Clark and Scott Conroe

The Bible

Four Days To Glory :*Wrestling With the soul of The American Heartland* by Mark Kreidler

Wrestling Tough :*Dominate Mentally on the Mat* by Mike Chapman

Wrestle Your Perfect Match *By Beasey Hendrix; A mental skills program for enhancing performances*

A Season on the Mat *Dan Gable and the Pursuit of Perfection* by Nolan Zavoral

Takedown *Winning Season* by Rich Wallace

NEAR FALL *The Adventures of Matt and Mike* by Joe Reasbeck

Never Stop Pushing *My life from a Wyoming Farm to the Olympic Medal* Stand Rulon Gardner

The Imaginary Girlfriend By John Irving “
...miniature autobiography detailing Irving’s parallel
careers of writing and wrestling” Author of The
World According to Garp.

Coaching Wrestling Successfully Dan Gable

USA Wrestling Coach’s Guide to Excellence

Coaching Youth Wrestling American Sports
Education Program