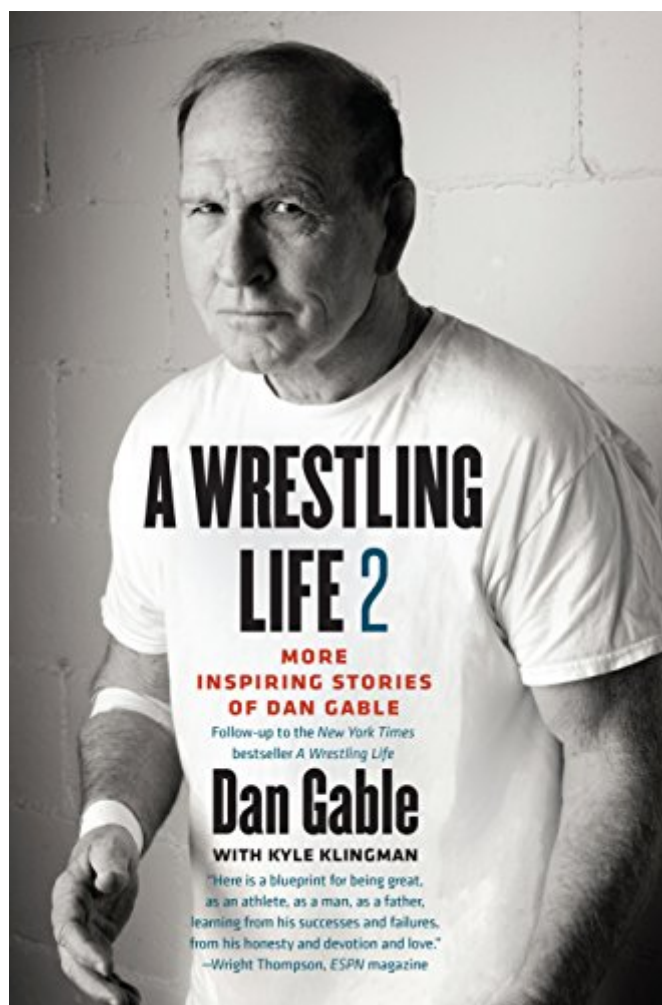


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A Wrestling Life 2: More Inspiring Stories Of Dan Gable



Synopsis

When most people think of the celebrated greatness that is Coach Dan Gable, they think of an almost mythic intensity toward wrestling. Gable breathes and bleeds the sport, and faithfully applies lessons learned from both on and off the mat. Expanding upon Gable's first collection of stories, *A Wrestling Life 2* goes a little deeper into the mindset and life events that have shaped the man, the wrestler, and the coach. Through stories funny, heartfelt, intense, and always engaging, Gable shares more about the life he has lead and what can be learned from those experiences. He goes on to detail what have come to be known as the Gable Trained principles that he follows to keep his life full of "wins" the revelations about how to cultivate success at the highest levels, and the reasons behind these steps for living well. *A Wrestling Life* spent two months on the New York Times sports bestseller list, and has become an instant classic of sports memoirs. *A Wrestling Life 2* is sure to add to Gable's ever-growing legacy and entertain and inspire wrestling fans everywhere.

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Customer Reviews

Gable stories at the core. A great look behind the scenes of a legendary coach, person, dad and mentor to so many people.

This book is an inside look at Coach Gables brilliant mind and how he lives his life on and off the mat. This is a must read for all of us dedicated wrestling fans.

A OK!

Socrates said, "The unexamined life isn't worth living." Dan Gable would agree with that. In his first A Wrestling Life book, Gable mostly re-told some of his classic wrestling stories that meant a lot to him. In A Wrestling Life 2, there are still plenty of stories and anecdotes, but in this book he is also interested in sharing his coaching and life philosophy. This is fortunate because it is Gable's examined life that holds the keys to what made him such a successful coach. He wants to share what he has found out. Dan Gable's findings - his own intensely personal musings - are to be found throughout the book. Where his personal discoveries lead introduces fascinating insights in the form of tales from ex-Iowa wrestling greats. It quickly becomes clear that there's more than a little of the philosopher in all of them. The mentor's realizations are directly reflected in his pupils. Having said all this, I believe I have given short shrift to how truly entertaining Gable's new book is. A Wrestling Life 2 is fun, worthwhile reading that every wrestler, coach and fan will enjoy.

Readers who enjoyed Dan Gable's initial offering, A Wrestling Life, are sure to enjoy A Wrestling Life 2. The legendary competitor and coach's sophomore effort is much like his first in that the work is divided into 28 chapters with each chapter telling a different story or vignette. This format, combined with Gable's direct prose, results in a work that is quick to read and thoroughly entertaining. However, what truly separates this book for the better from A Wrestling Life is Gable's choice to team with rookie author Kyle Klingman. Klingman, director of the National Wrestling Hall of Fame Dan Gable Museum, is a columnist for WIN Magazine and a renowned wrestling historian. In bringing Klingman aboard, Gable's stories are fleshed out in a manner that provides greater context and understanding for the reader. When it comes to depicting Dan Gable in literature, John Irving's Gorgeous Dan, Wright Thompson's The Losses of Dan Gable, and Nolan Zavoral's A Season on the Mat have been the standard bearer

of sports are at least favorites of mine. However, these works, while great, are merely reporting a story. The strength of *A Wrestling Life 2* is that the reader is granted access to the fascinating mind of Dan Gable. In *A Wrestling Life 2*, Gable lays out the fundamental principles which form the ethos of his life, and how he utilizes these principles throughout his life and career. The book lays out the blueprint Gable used to make himself into a global icon as a competitor and coach. Part motivational, part wrestling history, all thoroughly entertaining. This book is a must read for any person looking to better her/himself or looking to better understand the brilliant mind of one of sports' iconic figures and what makes him tick.

Dan Gable is a wrestling icon. World and Olympic champion and coach of 15 NCAA championship teams at the University of Iowa, Gable is perhaps the most revered American figure in "the world's oldest and greatest sport." And then there's Gable the storyteller. We were introduced to that Dan Gable in "*A Wrestling Life, the Inspiring Stories of Dan Gable*", a collection of 26 vignettes about his life, career and family. It was indeed inspiring. Now Dan has blessed us with a sequel, "*A Wrestling Life 2, More Inspiring Stories of Dan Gable*". Always one to strive for improvement, this book is even better than the first. Once again taking a "short story" approach, he adds new tales, but also does into greater detail about events, challenges and remembrances covered in "*A Wrestling Life*". The book opens with "Gable Trained: An Introduction", a series of observations and ruminations that apply to all arenas. Lede sentences like, "It's important to learn from adversity.", "Teamwork is important no matter who you are and what you do." and "There need to be consequences for unacceptable actions." kick off paragraphs that are as much about life as they are about wrestling. Co-author, Kyle Klingman, incorporates interviews with former opponents, wrestling legends, friends and Hawkeye athletes. These offer additional perspective to Gable's stories. "*A Wrestling Life 2*" is, of course, a "must read" for any wrestling fan, but it also a wonderful reading experience for those fascinated by success in all forms.

Husband loves Dan Gable. He loved the book.

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