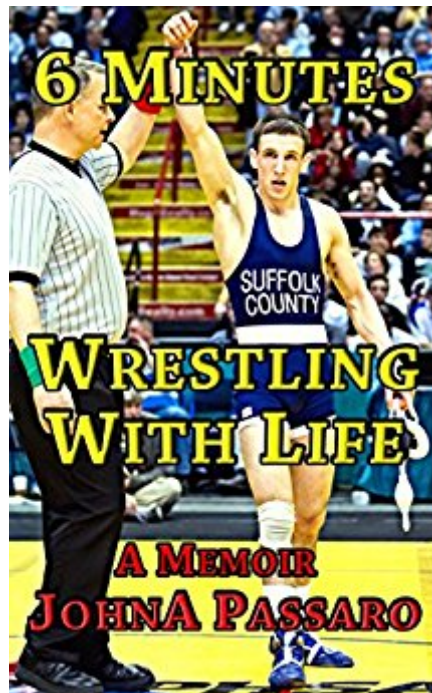




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# 6 Minutes Wrestling With Life: A Memoir (Every Breath Is Gold Book 1)



## Synopsis

They call it the greatest sport on earth for a reason. It just took me 26 years to figure out why. In high school, my mission in life was to win a New York State Wrestling Championship. I committed myself to a lifestyle. I made the sacrifices; I put in the time. I had the hunger, the desire, and the determination, but I came up short. For many years, after I graduated it seemed like I got nothing out of my six years of total dedication to the sport. I felt the trade-off of what I gave and what I got in return to this sport was way out of whack. I hated wrestling for it. I just could not comprehend or justify putting every ounce of your soul into trying to achieve something and getting nothing in return. Until I had adversity in my life. And slowly but surely, I started realizing how much the sport of wrestling actually has given back to me. Much more than I ever knew. Dan Gable famously said, "Once you've wrestled, everything else in life is easier." I would take it one step further and say, "Because I've wrestled, almost all things in life are possible." "6 Minutes Wrestling with Life" is much more than a wrestling book. It is an inspirational book on life, love, loss and belief. You will never look at life the same way again. Get ready to laugh, cry, smile and think. Every Breath Is Gold Memoir Series 6 Minutes Wrestling with Life - Book 1 Again - Book 2 Your Soul Knows - Book 3 Divinely Orchestrated Chaos - Book 4 (New Release)

## Book Information

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## Customer Reviews

Once I started this book I couldn't put it down. I've never read such an inspirational book in my life. The passion and single-mindedness of the author shines through, and when someone is that passionate about something, you can't help but pay attention. If a life could be read backwards, we would all see why we have gone through some of things we have, gaining skills that will be needed later, and John Passaro gives us a perfect example of this. His drive, ambition and unwillingness to give up showed up early in his life, and John used that drive to wrestle. While his hard work and dedication didn't morph into a stellar wrestling career, the skills he learned pursuing his dream did lead him to something he cherished more, saving his daughter. I'm not giving anything away to say that John's teenage daughter slipped into a coma, this happens in the first chapter of his story. What gets John through the toughest time of his life, is the skills he'd learned through a sport he didn't excel at. Instead of lapsing into bitterness over what he perceived as a lot of wasted effort, John got on with his life and coached his two sons in wrestling, both of whom did excel. Sure bad things happen to people, but it's what they do about misfortune that intrigues us. What happened to John is the worst thing imaginable, and had he not been the kind of person who had the grit to continue on, not only his life would have fallen apart, but the lives of his family and others close to him. This is the kind of book you want to give to others who've, as John puts it, joined the 'club'. Anyone who's in the club knows exactly what he's talking about. If you, or someone you know has suffered an unthinkable loss, crawled your way out of a forest of grief to join again, the land of the living, then you're in the club. You might think it's a downer to read about all the bad things that can happen to a person, but reading John's story has the opposite effect. His story makes you glad to be human and sharing the same spirit with other humans knowing how grand we can be in face of adversity. John starts off each chapter with the words of famous people we've all admired over the years to show the human spirit at its finest. I particularly love the John F. Kennedy speech where JFK tells us that we're going to the moon just to show what we Americans are made of. If there's a politician out there today who can come close to being that inspiring, I haven't heard from him/her. What we need today is heroes, and we know who they are by what they've overcome. John Passaro is now one of mine.

What a honest and riveting read for any parents. The pain and challenges faced by the Passaros are palpable to every parent whose unconditional love and faith is put to the ultimate test. As parents of a wrestler, we were already familiar with the wrestling Passaros -now we feel we know the Passaros, the family. We couldn't put it down/ and encourage everyone to learn the lessons with them - on how to meet life's most gripping challenges- often first developed on the wrestling mat. I hope there's a follow-up. You needn't be a wrestling fan to appreciate and identify the love and strength two parents exhibit when put to the test. As a wrestling fan and parent , I couldn't put it down. Tonight, turn off the TV and read a real-life story.

Unbelievably powerful account of tragedy and equally powerful account of how life skills learned through the sport of wrestling helped him through it...personally touched my heart and filled my tank again with the energy to keep going foward. Read this if you are going through hardships. It will give you hope that you can go on and take the hits until you persevere.

As a wrestling family of course we enjoyed this read, however, this touched me even more as a PARENT ! This book had me laughing one moment and in tears the next.. I would highly recommend this book for anyone and any family that sometimes finds that life doesn't always go the way you have planned. The Passaro family and how they have handled themselves in a life changing situation has touched and inspired my entire family...Both myself, my husband and our three children could not put this book down. Thank you to the Passaro family for sharing some very private moments with us. My entire family have each taken something from this book which I am sure we will always remember.The Gibbons Family

This book is so much more than a "wrestling book" or a "baseball book"! 6 Minutes Wrestling With Life is a book about life. About dedication. About always believing. About heart. About love. About teamwork, passion, and a singleness of purpose. Mr. Passaro draws from the lessons he learned as a wrestler and baseball coach to find the strength to confront every parent's worst nightmare, an injury to their child. In doing so, and writing about it, he teaches us how to live our lives each and every day. Every parent should get this book. It is a quick read but be sure to block out 3 hours or so because you won't be able to stop.

I heard about this book 2 years ago and never got around to buying it until last night. All I can say is I can't believe I didn't buy it 2 years ago. I didn't put the book down until I finished reading it at 1:30

am and had to work today.What an inspirational story! This book made my day. It makes you realize how life is short and a gift to cherish. I already recommended this book to my co-workers.Can't wait to read John's next book. Thank you John. You and your wife are truly loving parents, unconditional love,who are deeply in love. Who will do anything for your children.Keep the faith

Mr. Passaro brings us into his personal nightmare and shows us how to act with courage, character, strength, devotion, and love in the most tragic of circumstances - one that would break many if not most.While you may empty a fresh box of Kleenex reading this story, it will leave you with hope and admiration for the human spirit.This story shows us how we might be a better version of ourselves whatever the challenge.

As a former wrestler myself, I bought this book initially because i thought it was going to be mostly about wrestling. but it was much more than that. Even though its not 100% wrestling related, it shows you how wrestlers can champion over any obstacle in life. It really moved me and made me make an account of your own life and realize that no matter how hard you think you have it, someone out there has it harder. However, if they can fight and battle through it, so can you.

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