



# Wrestling Tough

*Mike Chapman*

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Wrestling as much as any sport requires a special type and level of courage. The arduous training, periodic weight cutting, and public arena for performing are challenges that intimidate all but a special breed of athlete. And that is not to mention the sport's very essence: facing off against an opponent who wants to do nothing less than dominate you physically, destroy you emotionally, and humiliate you mentally.

*Wrestling Tough* is a unique look at the “stuff” that has characterized the greatest competitors to ever take the mat. Award-winning author Mike Chapman first presents the attributes that serve as a common link among wrestling champions through the decades. From there he details how and when these attitudes, thoughts, and behaviors manifest themselves in the training room and in competition.

Even the best athletes and most successful coaches will find something new to add to their skill set. Let *Wrestling Tough* be your guide to a championship-level mindset.

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