



**6 Minutes Wrestling with Life: The Reward That  
You Seek, May Not Be the Reward That You  
Receive, a Memoir (Every Breath Is Gold)  
(Volume 1)**

*JohnA Passaro*

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# **6 Minutes Wrestling with Life: The Reward That You Seek, May Not Be the Reward That You Receive, a Memoir (Every Breath Is Gold) (Volume 1)**

*JohnA Passaro*

**6 Minutes Wrestling with Life: The Reward That You Seek, May Not Be the Reward That You Receive, a Memoir (Every Breath Is Gold) (Volume 1) JohnA Passaro**  
**Get ready to laugh, cry, smile and think.**

Twenty-six years ago, my goal and mission in life was to win a New York State Wrestling Championship.

I committed myself to a lifestyle and 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. That 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.

To put every ounce of your soul into something and to get nothing out of it in return was beyond my comprehension and I just could not justify it in my head.

Until I had adversity in my life.

And slowly but surely, I started realizing how much the sport of wrestling 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, some things in life are possible."

**"6 Minutes Wrestling with Life" is much more than a wrestling book.**

It is a book on life, love, loss and belief.

They don't call it the greatest sport on earth for no reason. It just took me 26 years to understand why.

**Get ready to laugh, cry, smile and think...**

Truly Inspirational.

You will never look at life the same way again.

**Every Breath Is Gold Trilogy** 6 Minutes Wrestling with Life - Book 1

Again - Book 2

Your Soul Knows - Book 3

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