

A Season on the Mat: Dan Gable and the Pursuit of Perfection, 2007, 304 pages, Nolan Zavoral, 1416535535, 9781416535539, Simon and Schuster, 2007

For twenty-one years, Dan Gable's Iowa Hawkeyes dominated wrestling to an extent rarely seen in any sport: twenty-one consecutive Big 10 titles and fifteen national championships. In *A Season on the Mat*, award-winning reporter Nolan Zavoral explores Iowa's storied wrestling program and Gable's record of excellence in an unprecedented, intimate look at the man and his methods during his final season as a head coach. *A Season on the Mat* chronicles the dramatic 1996-97 season, in which Gable led his team -- far from his most talented -- to a record-breaking performance at the national championship, at which it scored the most points in collegiate wrestling history. Zavoral takes the reader behind the scenes into the stifling heat of the wrestling room, where young men from places like Rock Falls, Illinois, or Philip, South Dakota, sacrifice everything they have just to be a part of the Hawkeye program. From his difficult upbringing, interrupted by the tragedy of his sister's brutal murder, through the single defeat that haunts him to this day, to the ups and downs of his phenomenal coaching career, Gable has come to symbolize to many all that is special about this demanding, elemental sport. Part biography, part chronicle, part portrait of this unique subculture, *A Season on the Mat* is the best and most thorough look at one of the most important and most overlooked figures in American athletics.

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Ohio MiniBriefing , , , , .

A season on the reservation my sojourn with the White Mountain Apache, Kareem Abdul-Jabbar, Stephen Singular, Feb 1, 2000, Biography & Autobiography, 209 pages. The basketball legend shares his adventures coaching a team of White Mountain Apache kids in the basics of the game, and life, learning a good deal along the way about his own.

A Season on the Earth Selected Poems of Nirala, Surya Kant Tripathi, 1976, Literary Criticism, 152 pages. Surveying the expanding conflict in Europe during one of his famous fireside chats in 1940, President Franklin Roosevelt ominously warned that "we know of other methods, new.

Cat on the Mat , Susan Schade, May 26, 2010, Juvenile Nonfiction, 32 pages. Cat has a dream. She runs. She flips. She jumps. She slips. Will Cat make the team?.

The Pursuit of Perfection The Promise and Perils of Medical Enhancement, Sheila Rothman, David Rothman, Apr 6, 2011, Medical, 320 pages. What does it mean to live in a time when medical science can not only cure the human body but also reshape it? How should we as individuals and as a society respond to new.

MMA Yoga on the Mat Real Yoga for Inside the Cage, Khadi Madama, Aug 1, 2011, Health & Fitness, . The perfect training supplement for martial artists, "MMA Yoga on the Mat" provides the best remedies and conditioning techniques for fighters looking to gain an edge. Khadi.

A Team of Destiny The Unforgettable Story of Indiana's 1967 Big Ten Championship Season and the Rose Bowl Of 1968, Robert D. Arnold, Jun 7, 2011, Sports & Recreation, . By the mid 1960's, Indiana University had hired its sixth football coach since 1945. The Hoosier's reputation continued to erode. To the other Big Ten teams, the Hoosiers were.

Cervantes Street , Jaime Manrique, Sep 4, 2012, Biography & Autobiography, 320 pages. A mesmerizing fictional biography of Miguel de Cervantes (author of Don Quixote) that Junot Diaz calls a "masterpiece."

How Presidential Candidates Win State Nomination Contests: Explaining and Predicting the Iowa Caucus , Christopher C. Hull, 2005, Presidents, 408 pages. This study investigated how presidential candidates win state nomination contests. Specifically, it explains and predicts the result of the Iowa Caucus. Iowa presents a unique.

Dorothy Wilding the pursuit of perfection, Terence Pepper, 1991, Photography, 119 pages. .

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Transit Atlas Bus and Taxi Service in Iowa, , 1984, Bus lines, 78 pages. Directory of urban and regional transit agencies, regional planning agencies, taxicab companies, intercity bus depots, commuter services, charter services, and park-and-ride lots..

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You Are What You Eat The Plan That Will Change Your Life, Gillian McKeith, Mar 28, 2006, Health & Fitness, 223 pages. A best-selling diet makeover guide in Great Britain, published for an American audience, shares a host of true stories and practical advice designed to help readers overcome
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Master of the revels a comedy in four acts, Don Marquis, 1934, Drama, 252 pages
Human Subjects Research Radiation Experimentation : Hearing Before the Committee on Labor and Human Resources, United States Senate, One Hundred Third Congress, First Session, on Determining the Magnitude of the Radiation Research, to Determine where These Experiments Took Place, to Determine what Records Exist, to Determine how Great the Dangers Were, to Determine If Participants Were Informed of the Risks and Benefits of the Radiation Experiments and to Determine how Much Harm was Done, January 13, 1994, Waltham, MA., United States. Congress. Senate. Committee on Labor and Human Resources, 1994, Law, 61 pages download
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The Sixth Man , David Baldacci, Apr 19, 2011, Fiction, 432 pages. Watch King & Maxwell, TNT's new series based on David Baldacci's blockbuster novels, on Mondays at 10 p.m. (ET/PT) After the #1 New York Times bestsellers Split Second, HourTotal Hip Arthroplasty , Malhotra, Nov 1, 2011, Medical, 642 pages. Part of the Mastering Orthopedic Techniques series, Total Hip Arthroplasty is a step by step guide to hip replacement for orthopaedic surgeons. With contributions from well

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