

# BILL WELKER'S WRESTLING BOOKS

A former Pennsylvania State Champion and one of the country's foremost authorities on Folkstyle wrestling, Dr. Bill Welker has published a national best-seller, *The Wrestling Drill Book*, a DVD, and hundreds of articles on the mat sport since 1974. Most recently, his memoirs, *The Sparrow's Spirit*, and his first novel, *A Wrestler's Curse*, were declared winners in the sports category by the Beverly Hills Book Awards judges.

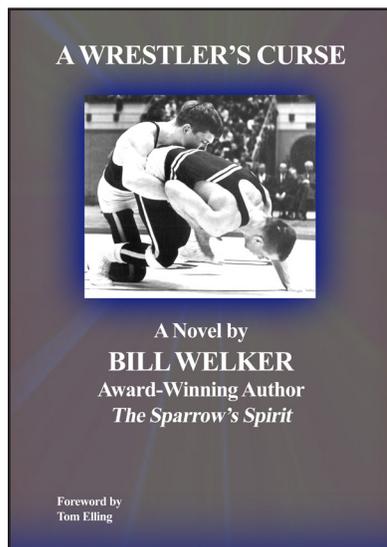
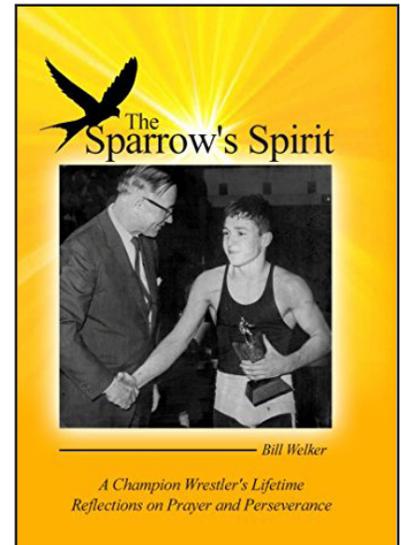
## THE SPARROW'S SPIRIT

Bill Welker's road to adulthood was filled with many trial-and-error experiences in which he usually took the wrong path. He grew up under the dominion of a loving mother and an austere father. As an adolescent, Welker's life revolved around the sport of wrestling – and nothing else. Studying in high school was an unwanted necessity to stay eligible.

But the desire to continue on the mats in college decreased until the fire to compete burned out. Welker began to make very poor choices which resulted in his removal from the wrestling team and almost led to his expulsion from school.

Welker felt totally alone as his life began to collapse around him. There was nowhere to turn; he couldn't go home a failure. He was absorbed by self-doubt, uselessness, and fell into a deep depression.

Welker had lost all hope until he began to change priorities and found someone who believed in him. Still, the struggle wasn't over, but the struggle is the glory.



## A WRESTLER'S CURSE

Jacob Christian is a highly intelligent boy who loves the sport of wrestling. He lives in a middle-class household with parents who raised him to be moral-minded, with strong spiritual convictions and values that respected the rights of others.

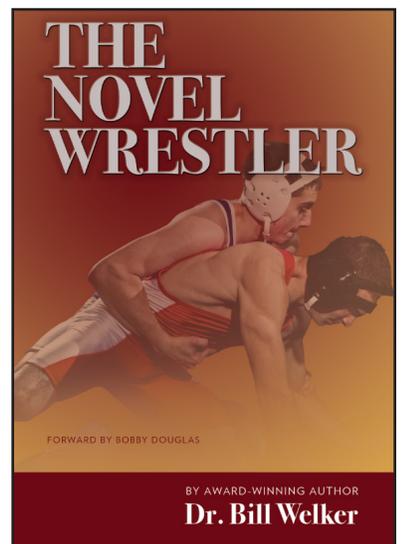
Diagnosed with Obsessive-Compulsive Disorder at a very young age, Jacob is in a constant battle with his own personal problems, as well as facing strong adversaries in wrestling and during his day-to-day matters. His "coming-of-age" experiences include falling in love, teenage drinking, and making choices that would affect him his entire life.

Jacob Christian's transformation from an adolescent to a college student was by no means mundane. There are twists and turns in the storyline that will keep the reader guessing on the various outcomes regarding Jacob's challenging road to adulthood.

## THE NOVEL WRESTLER

Tommy St. Clair was a child prodigy in the literary field and was a bestselling author before reaching high school. Tommy also loved the sport of wrestling. His father and older brother were state champions. A student of the game, Tommy strived to accomplish the same goal. It never happened. Tommy lacked the mental and physical toughness his father and brother possess. That all changed when Tommy's life was turned upside down.

*The Novel Wrestler* will capture the hearts and souls of those who have traveled similar paths in life. Sometimes you will be amused, sometimes you will cry, and the ending will take you completely by surprise.



**All his books can be viewed at [www.billwelkerwrestling.com](http://www.billwelkerwrestling.com), where you can purchase them on [Amazon.com](http://Amazon.com).**