



## The Sparrow's Spirit: A Champion Wrestler's Lifetime Reflections on Prayer and Perseverance (Hardback)

By Bill Welker

Rosedog Books, 2016. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Sparrow's Spirit is an inspirational tale of triumph over self-destruction and adversity. Bill Welker vividly describes his lifelong battle to conquer the ultimate opponent - himself. -Rob Koll, NCAA National Champion, Head Wrestling Coach at Cornell University P> Dr. 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. P> 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...



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