



Never Stop Pushing: My Life from a Wyoming Farm to the Olympic Medals Stand

Rulon Gardner

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Never Stop Pushing is a motivational autobiography by Olympic Greco-Roman champion wrestler Rulon Gardner (Gold Medal, 2000; Bronze Medal, 2004). This inspiring memoir comes from one of the world's most remarkable athletes who achieved arguably the greatest upset in individual sports history when he defeated the Russian Alexander Karelin — three-time Olympic champ, undefeated and unscored upon for a decade before his match with Gardner — in the 2000 Gold Medal match. Rulon Gardner tells the story of his impoverished upbringing as one of nine children in a close-knit Mormon family on a farm in Wyoming, where in performing unceasing chores he developed tremendous strength at an early age. Gardner writes about his struggles in school made arduous by learning disabilities that have challenged him his whole life. Also, after winning his Gold Medal, we read how this champion survived a snowmobile accident that marooned him outdoors for eighteen hours in high country. Rulon Gardner recovered from this and went on to defend his Gold Medal at Athens in 2004—yet another comeback from this athlete who was supposed to simply fade away.

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