



Michael Fessler is a writer, speaker, and the author of several books, including the bestsellers *Faith and Wrestling* and *The Wrestler*.

His message of “faith and wrestling” has brought him to events and clinics around the country. With a mix of high-level technique and a perspective on the sport that highlights wrestling’s greatest benefits, Michael helps athletes, coaches, and parents see the big picture of how life on the mat can be a tool and resource for greatness beyond the mat.

Michael resides in Minnesota with his wife and children. He was an accomplished wrestler early in his life, earning two state titles and All-American honors in high school, before a brief division 1 college career wrestling at California State University-Bakersfield. He earned a BA in Biblical and Theological Studies from Bethel University, and an MA in Communications from Concordia University - Saint Paul. Michael’s work has made headlines on some of wrestling’s biggest platforms, such as InterMat, TheMat.com, and Takedown Radio. He has also been a national speaker for the United States Wrestling Foundation (USWF).

