



*"Wrestling with Angels" by John Hanrahan*

[JohnHanrahan.com/story](http://JohnHanrahan.com/story)

### **Treatment: "Wrestling with Angels"**

#### **Logline:**

In "Wrestling with Angels," John Hanrahan battles his inner demons and addiction as he navigates the highs and lows of Olympic dreams, fashion fame, and personal redemption.

#### **Synopsis:**

"Wrestling with Angels" follows the tumultuous life of John Hanrahan, a talented athlete destined for Olympic glory. However, haunted by personal demons and the allure of the fashion world, John abandons his Olympic aspirations to pursue a career as a top fashion model.

As John's star rises in the fashion industry, so does his addiction to drugs, leading him down a dark and destructive path. Despite achieving success and fame, John's inner turmoil threatens to consume him entirely.

Tragedy strikes when John suffers a near-fatal overdose rendering him clinically-dead, only to experience a profound spiritual awakening as his soul is ripped from his body by angels. Confronted with the truth of his existence and the prayers of loved ones, John is granted a second chance at life.

Determined to overcome his addiction and find redemption, John embarks on a journey of self-discovery and healing. Through the support of his family, friends, and the power of love, John learns to confront his past and embrace his true purpose.

As John transforms himself into a trusted personal trainer to Hollywood stars and moguls, he grapples with the challenges of his past while striving to inspire others with his story of resilience and hope.

### **Themes:**

- **Redemption and Second Chances:** John's journey from addiction to redemption highlights the transformative power of forgiveness and the resilience of the human spirit.
- **Identity and Self-Discovery:** Through his struggles, John learns to confront his inner demons and embrace his true identity, finding strength and purpose in the face of adversity.
- **Love and Family:** The unconditional love of his model wife Kirsten, and support of John's family and friends serve as a guiding light on his path to recovery and self-acceptance.

### **Visual Style:**

The film will blend elements of gritty realism with surreal dream sequences to capture the inner turmoil and spiritual awakening of John's journey. From the neon-lit streets of New York City to the serene landscapes of John's spiritual awakening, the visual style will reflect the contrast between darkness and light. Wrestling is a metaphor of struggle which weaves story from his all American boy upbringing to the day he stood atop the world championship podium.

### **Tone:**

"Wrestling with Angels" will balance moments of drama and introspection with moments of humor and hope, capturing the complexity and humanity of John's story.

### **Target Audience:**

The film will appeal to a wide audience, including fans of inspirational dramas, sports enthusiasts, the fashion industry, celebrities/ lifestyles and those with loved ones grappling with issues of addiction and redemption.

**Conclusion:**

"Wrestling with Angels" is a compelling and uplifting story of one man's journey from the depths of despair to the heights of redemption. Through its powerful themes of love, forgiveness, and the resilience of the human spirit, the film will leave audiences inspired and uplifted.

## Notable Reviews

**Laura Morton, 20x NY Times Best Selling Author**

"The book *Wrestling with Angels* tugs at your heart strings, touching on difficult issues so many families are dealing with every day. The author, John Hanrahan expresses his experiences beautifully, allowing himself to be raw, real and full of grace."

**Emily Giffin, Highly Acclaimed Novelist, 7x NY Times Best Selling Author**

"Riveting! This book *Wrestling with Angels* is so good. Powerful memoir. Great Father's Day present."

**Brian Kilmeade, FNC Fox & Friends Host, Best Selling Author**

"If you want a great book for you or your special someone that will motivate and educate, pick up John Hanrahan's masterpiece - *Wrestling with Angels*."

**Mike Chapman, WIN Magazine, Founder & Sr Editor**

"The book *Wrestling with Angels* grabbed me by the throat and hung on, pulling me in deeper and deeper, page after page, I couldn't put it down. An All American wrestler at Penn State, John Hanrahan won a lot and felt on top of the world. When his college career ended, his good looks took him to a world he could have never imagined, he became one of the most popular male models in the world. And then he died... I can't even try to explain any of it here. Read it for yourself. He returned to life and became a Trainer to some of the best-known celebrities in the world -- from John F. Kennedy, Jr., to Julia Roberts."

**Steven L. Jaffe MD, Psychiatry, Emory University School of Medicine**

"I was inspired by his vivid description of his own death, which was then followed by his receiving the gift of returning to life. *Wrestling with Angels* is a highly entertaining read and in this time of an opioid epidemic it is extremely relevant."

**Lee Kemp, Olympian & 3x World Champion Wrestler**

"John Hanrahan's book *Wrestling with Angels* is a candid look inside the life of one of wrestling's true Renaissance men. It's not easy to open up and honestly reveal to the world some of your most challenging and difficult life's experiences, but John does so beautifully with grace and dignity."

**Jonathan Clarke, M.Ed., LCAS, Love Wins Counseling**

"The most powerful message of recovery from one person to another, is often described as the sharing of one's own personal story of experience, strength and hope. John Hanrahan in Wrestling with Angels delivers that and more. His transparency and vulnerability are astounding, yet necessary to bring about the healing phenomenon in others. This book will be a mainstay in my efforts to help others."

**Bruce Weber, Iconic American Fashion Photographer & Filmmaker**

Congratulations to John Hanrahan for a great book about sports and for sharing your personal struggles with addiction and your path to loving yourself again. I knew you when you were a young wrestler at Penn State and the New York Athletic Club. Around that time you came along with me to Las Vegas for a photoshoot where you met your beautiful wife, Kirsten. In Vegas, the night that you both met, I had you doing pictures with a Marilyn Monroe look-a-like and Kirsten with an Elvis Presley look-a-like. After taking some crazy pictures in the nightclub at Caesar's Palace you two never stopped loving each other and today are the proud parents of two great young men. I'm so proud of you for writing Wrestling with Angels, a very thoughtful and entertaining book--you've always been a champ to us.

**Mark Schultz, Olympic & World Champion, Best Selling Author of Foxcatcher**

"John opens up completely to share the raw and sometimes uncomfortable truth. It's not pretty which is ironic since John was a male model who lived a jet-set lifestyle until it was almost completely destroyed. There are many lessons to glean on how to win in life. Relating to the pain, sacrifice and suffering of world class wrestling can be difficult for many to grasp. I recommend this book to everyone, it could change your life".

**Samantha Dunn, Editor of Coast Magazine, Best Selling Author**

"Wow, great job of weaving together the world of the story with its celebrity interactions and elite athletics. A very human story not only of his own journey but that of his family. The story Wrestling with Angels is extremely powerful and relevant and moving."

**Bob Buckhorn, Mayor of Tampa, FL**

"Wrestling with Angels is a book that you will want to read. It is the unvarnished story of redemption, struggle, pain, triumph and perseverance. Most of all, it is a story about the strength of one person who in his darkest moments found the courage to persevere and rebuild his life, his relationships and his future."

**Dr Charles Prebish, Professor Emeritus of Religious Studies, Penn State University**

"John Hanrahan's Wrestling With Angels is a magnificent read... His unabashed prose strikes right to one's heart and inspires great compassion. I simply cannot remember the last time I cried as I read the concluding chapter of a book. This is one utterly tremendous story!"

**Dr Jose Betancourt , 3x Olympian Puerto Rico, UWW World Wrestling Champion**

"John Hanrahan's book *Wrestling with Angels*, is an extraordinary story. It is well written and captivating, you do not want to stop reading. The story has a powerful message for any audience or age. It makes you think and reflect about connecting to your higher power. I highly recommend it."

**Dr Michael Silverman, PHD**

**Are you listening Hollywood, this should be made into a movie.**

John Hanrahan's "*Wrestling with Angles*" is a heartfelt story of personal struggle. It is a quick and enjoyable read.

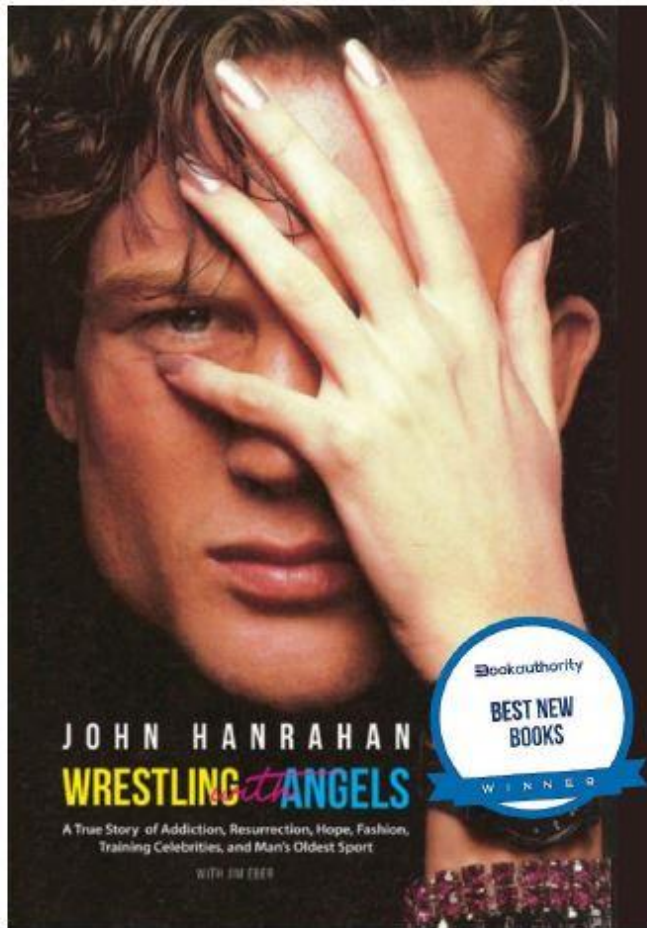
I generally avoid celebrity memoirs. As a neuroscientist and psychologist in NYC who has worked with household named professional athletes, models, and actors, I am intimately familiar with their turmoils, their fears of mediocrity, and the facades they continuously work to build. I have enough experience to know when someone's expressed plights are authentic and when they are not. More so, I am not in the least part interested in someone manipulatively seeking pity. This is what makes Hanrahan's autobiography so refreshing. It is raw, honest, and deeply personal. It kept my attention throughout - which is not an easy task. Everyone has a story, but few people are willing to share them in the way Hanrahan does. The story made me laugh out loud and brought me to the edge of tears on a few occasions. Hanrahan comes across as someone so easy to connect to, yet ironically we learn of a guy who is desperate for connection while doing everything he could to self-sabotage them. Why?

Professional athletes are masters of control, and the sport of wrestling adds a physical dimension of power/domination. Hanrahan was objectively one of the best. Ironically, the one place where he could feel in complete control, he also ultimately sabotages - spectacularly. It is possibly even more ironic and arguably the foundation of the overall story - that he looked amazing while doing it - gracing the covers of magazines, leading international fashion campaigns, and partying with New York's upper elite. Maintaining such a facade was an effort that could be described as nothing short of heroic.

And then he died. Literally.

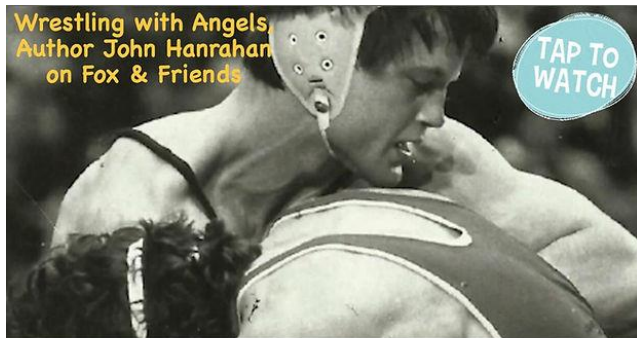
"*Wrestling with Angles*" is a story of resurrection, love, faith, and commitment. It is a story about learning how to make decisions towards growth instead of running from fear. It is a powerful personal account of learning that the connections we seek can only be found in authenticity, in being known, understood, and validated.

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“**Wrestling with Angels**” is a Biopic/Drama about John Hanrahan, an All American athlete turned international Versace Model who is haunted by his lost Olympic dreams. The world of drugs and fashion collide and take a deadly toll. As he lies clinically dead, a miraculous transformation takes place giving him a second chance at life. He finds the love of his life on a Vogue magazine shoot in Vegas, and later becomes the acclaimed and trusted personal coach to Hollywood moguls and celebrities. Against all odds he shares his story to help save his son’s life and ultimately achieves his childhood dream of becoming a world champion wrestler.

[MEDIA \(Click Video Links\) INTERVIEWS with Author John Hanrahan](#)  
[FNC USA Top Cable Morning Show | Interview](#)



VIDEO.FOXNEWS.COM

Former NCAA star wrestler on overcoming addiction as juvenile drug use rises during pandemic

<https://www.foxnews.com/video/6229433575001>

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## CBN News Show Primetime TV Interview



<https://youtu.be/pm02K51vHM8>

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## Kilmeade Radio Show Interview



<https://soundcloud.com/djhammer-7/kilmeade-radio-interview-w-john-hanrahan-author-wrestling-with-angels>

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## Penn State Network Show Interview

Penn State Featured Alumni Broadcast (America's largest active Alumni Association)



The image is a promotional graphic for a Penn State Alumni Association 'Coffee Hour' interview. At the top left is the Penn State Alumni Association logo. The title 'Coffee Hour with Paul Clifford' is in a white serif font. Below the title is a portrait of John Hanrahan, a smiling man in a white shirt. To his right, his name and credentials are listed: 'John Hanrahan, Author of "Wrestling with Angels"; Owner of PrivateTraining.com'. Below the portrait are two smaller images: one of Paul Clifford and John Hanrahan in a wrestling ring, and another of John Hanrahan in a black t-shirt with 'PrivateTraining.com' on it. At the bottom, there is a white text box with a blue border containing the following text:

On March 24, get your day started by watching our Coffee Hour program with John Hanrahan '91 (he/him), author of "Wrestling with Angels" and owner of PrivateTraining.com.

A two-time All-American wrestler at Penn State, John has recently written an inspiring book about his career and life journey,

<https://youtu.be/x6o2O2e6TGO>

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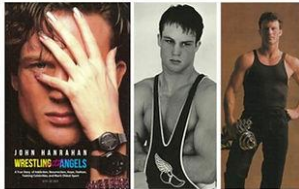
## "The Mat" Magazine Article

USA's Official Governing Body for Olympic Wrestling



**Book Review: Wrestling With Angels is a great read, about addiction, redemption, wrestling and more**

BY GARY ABBOTT, USA WRESTLING | JUNE 29, 2020



Images courtesy of John Hanrahan. (Book cover, modeling photo, personal trainer photo)

Order Wrestling With Angels on Amazon

I had the opportunity last week to read a new book written by a life-long wrestler, NCAA All-American and Veterans World champion John Hanrahan, entitled Wrestling With Angels. I recommend this book to anyone involved in the sport of wrestling, as well as anyone who has an open mind to learn more about some of life's most difficult challenges.

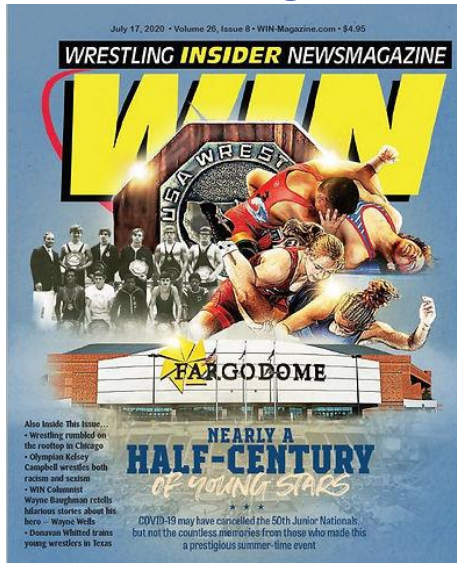
<https://www.teamusa.org/USA-Wrestling/Features/2020/June/29/Hanrahan-Book-Review>

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## “WIN” Wrestling Insider Magazine Article



[https://dceb7f2c-b596-47d0-b185-1e60f7001470.filesusr.com/ugd/d23207\\_3ecc9736b3a046d1a02871d5b18fe0f9.pdf](https://dceb7f2c-b596-47d0-b185-1e60f7001470.filesusr.com/ugd/d23207_3ecc9736b3a046d1a02871d5b18fe0f9.pdf)

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Collection of a few of John’s Wrestling Videos & Interviews depicting John Hanrahan age 15-56

## Top US Trainer DVD Promo



<https://youtu.be/lppFqhLTkcs>

## John | Wrestling, Fitness & Life



<https://youtu.be/dWXNQC3Bqrk>

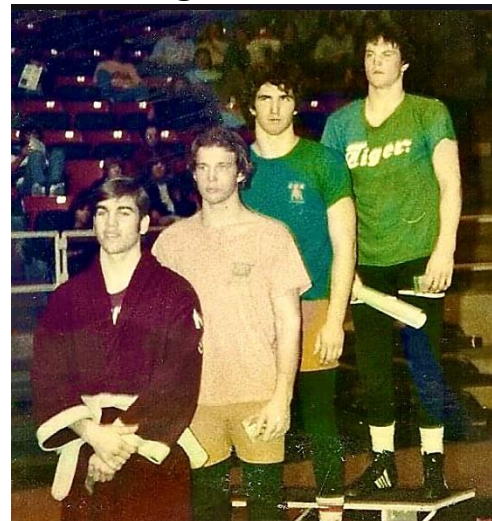
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## John Hanrahan HS State & National Finalist – Rare high school videos



10 grade- <https://youtu.be/D-SZPrGsxLg>

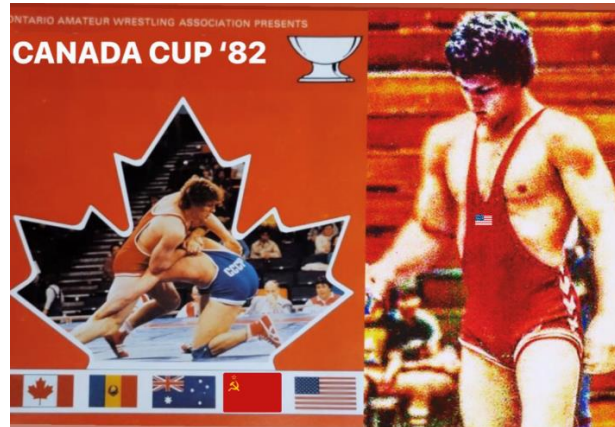
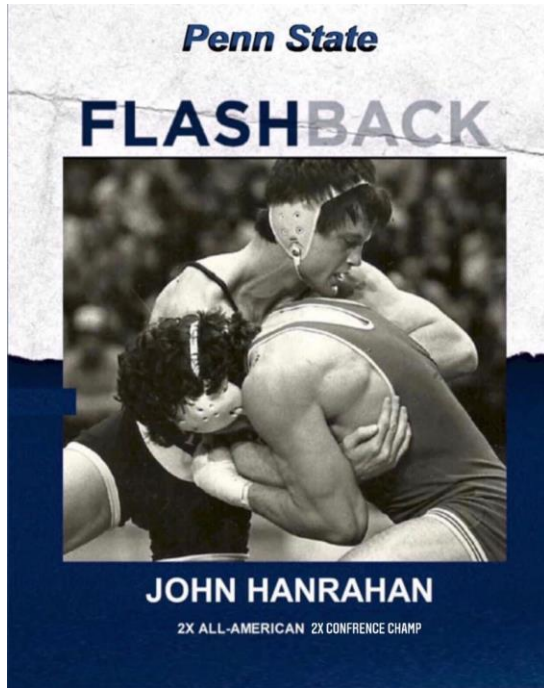
11 grade- <https://youtube.com/shorts/GqQCWCO1JUY?feature=share>



**John Hanrahan Penn State NCAA All American**

**Video of PSU Freshman 18**

**International Cup for USA age 22**



<https://youtu.be/w3XGwzIAHul>

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**John Hanrahan age 36 at 1996 Olympic Trials, US Open Vegas**



John Hanrahan 1996 Olympic Trials Las Vegas

**Defeating NCAA Champion Ray Miller at 96 Olympic Trials / Vegas**

<https://youtu.be/BTC5EWZJJmo>

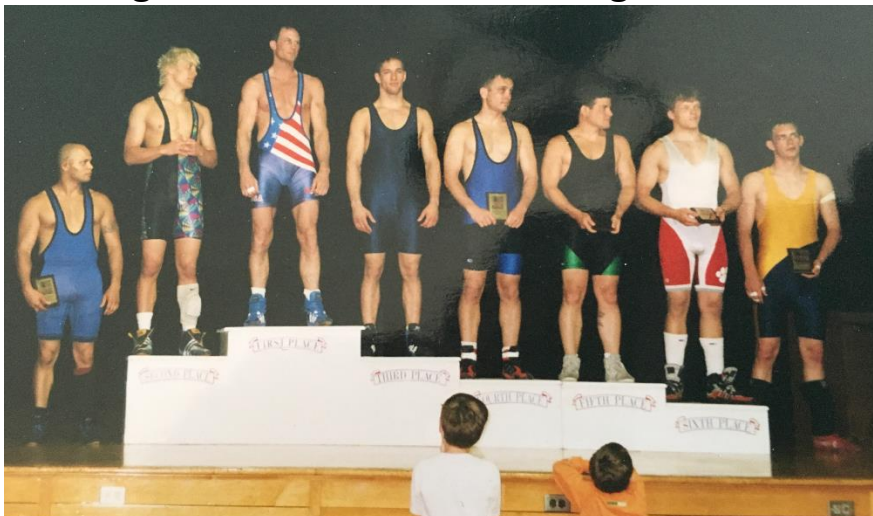


**Defeating tough USA opponent at 96 Olympic Trials / Vegas age 36**

<https://youtu.be/CRcRkMsKOrU>

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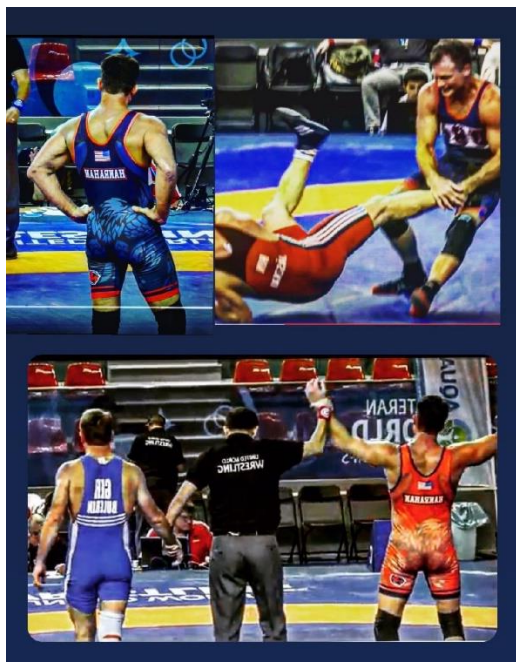
**Winning the Mid Atlantic Wrestling Assoc National Open at age 42**



**MAWA Finals video defeating 21 yr old 2x national champ 2-1**

<https://youtu.be/CH80JBh7h24>

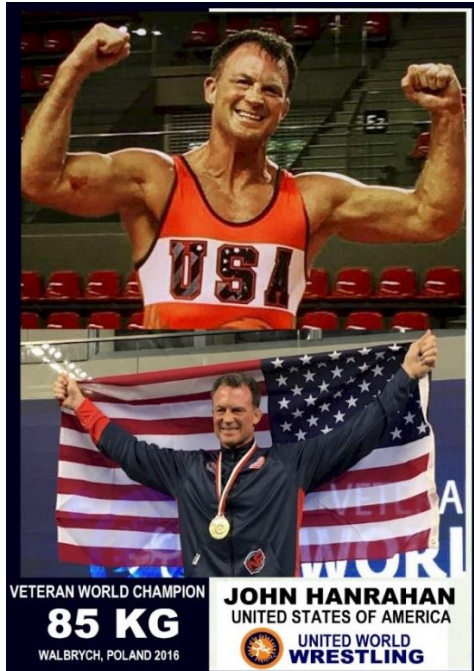
## Winning UWW World Championship at age 56 / Polvdiv Poland



Video-

Defeating the German national champ in World Semi-Finals 2016

<https://youtu.be/bDvdA46x-ql>



**Video- Defeating 10x World Champ (RSA) in UWW World Finals 2016**

<https://youtu.be/XAOkSoP3gmE>



**Defeating Iranian National Champ in Athens Greece 2015**

<https://youtu.be/DpFoMJvDkAQ>

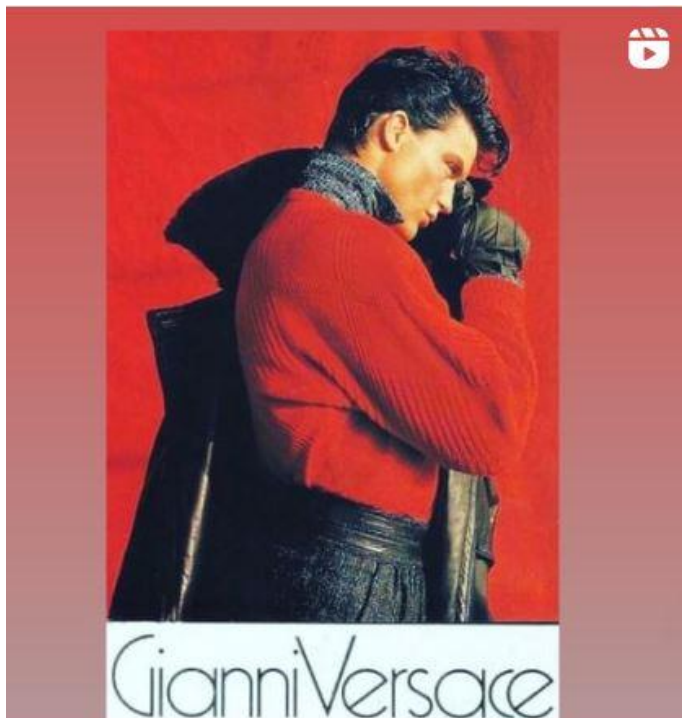
## Defeating Turkish National Champion in Athens Greece 2015



<https://youtu.be/ck2Qs5NoSV8>

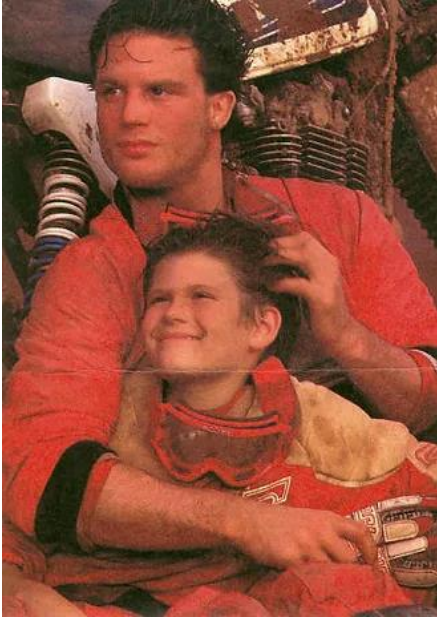
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## John Hanrahan, Fashion Model, Montage of Ads around the World



<https://youtu.be/179eonLABRw>

**John Hanrahan, playing a father w son for Life Insurance Commercial**



<https://youtube.com/shorts/r4V1QdJwleQ?feature=share>

**Reborn in Wrestling, John Hanrahan begins Training again after regaining his life – Post NDE road to redemption**



Reborn in Wrestling 1995 La Palestra, NYC  
John Hanrahan w Rico Chiapparelli & John Giura

<https://youtu.be/8jKowykX5Xg>

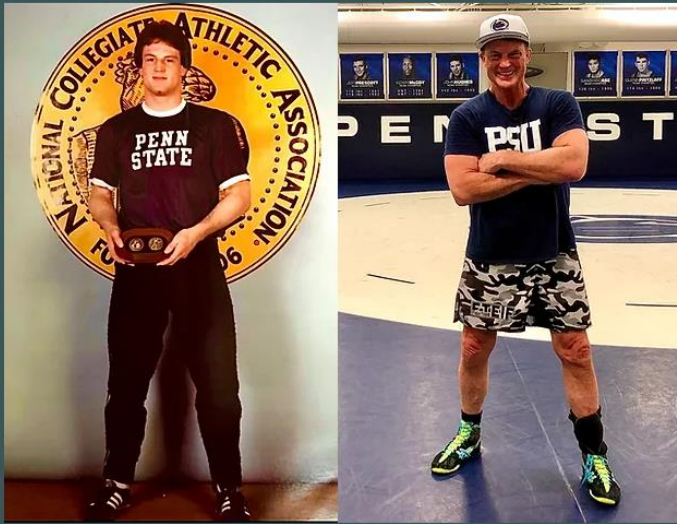




Olympic hopeful Hanrahan in NYC apt w sons / 10 years post his NDE

<https://youtu.be/ZUW48L2d6vs>

**Penn State All American John Hanrahan  
Back in Happy Valley for the 2023 PSU vs  
Iowa Dual & Morning After Workout** ▼



[https://www.youtube.com/shorts/nyR\\_TRM8lkg](https://www.youtube.com/shorts/nyR_TRM8lkg)

## Interviews-

### Strength Coach John Hanrahan 2022 Olympic Training Camp



<https://youtu.be/R32MXwyR-2I>

### First Competition Back 10 Years after John's NDE



<https://youtu.be/IWzwAOTgUe8>