



# Just A Guy

*Don Rasmussen*

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## **Just A Guy** Don Rasmussen

Comments from friends who have perused the manuscript 'Just a Guy' identified the interest of readers and their area of interest that are involved in the author's life. The founding of ESPN, its early development and Don's life long love affair with baseball and other sports - along with the founding of scientific research involving weight training and specific athletic skills. The functioning of a dysfunctional family as its conflicts of irrational thinking and behavior impacted the author since before he was born. The unusual path of education that led to a bachelor's degree, completion of his military obligation of four years of active duty in the Air Force in a period of five years and five months; while also serving overseas in an isolated area for a year and playing baseball during his last year of military service raised many an eye brow and the question, "How did you do it?" My reply in each case was, "Read the book."

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