



Strongman

Tom Thurston

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This compelling biography of Doug Hepburn, the weightlifter who won gold for Canada in Stockholm in 1953 and at the British Empire Games in Vancouver in 1954, delivers fascinating, first-hand information about an unusual Vancouver athlete and the sporting world of the 1950s and 1960s. In this plain-spoken and moving biography of a strength legend, Tom Thurston captures the story of a Canadian who may have been the strongest man in history. The book traces Doug's rise to prominence, his temporary fall from grace as he battled alcoholism, and his re-emergence as an advocate for drug-free sport. The author also includes Doug's unique training schedule for increasing strength without the use of drugs.

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