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The Gospel of Strength

Eugen Sandow

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The Gospel of Strength

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The Gospel of Strength Eugen Sandow
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Eugen Sandow was one of the most well-known oldtime strongmen of his era. His is famously known for ushering in the Golden Age of Strongman due to his physique and strongman stunts.

This book, The Gospel of Strength, features a series of talks on different aspects of physical culture, from diet to exercise, women’s health and more. As in all his books this one contains many stories of Sandow’s performances and travels.

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