



# Strongman

*Tom Thurston*

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## **Strongman** Tom Thurston

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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