



## Secrets of Strength and Development: (Original Version, Restored)

By Bob Hoffman

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Few men grow to manhood without at some time during their early life passing through a period when their greatest desire is to be a strong man. They may know some man who is especially strong and wish to be like him. They may have visited the circus or the theatre and seen a powerful man who is their ideal. For at least a period they are filled with a desire to emulate the deeds of their temporary hero. There is no subject quite as fascinating to most young men as the subject of strength and development. The principal source of their conversation may be the deeds of their favorite athletic hero: a baseball player such as Babe Ruth or Joe DiMaggio; a football player like Biggie Goldberg, the great Pittsburgh halfback, or Ernie Nevers, the Pacific Coast fullback star of a few years ago; it may be George O'Brien of the movies, or one of the series of movie Tar-zans-Buster Crabbe, Johnny Weismuller, or Glen Morris. But the strength of the man is what...



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