



# Giants and Legends

*Dr. Douglas Edmunds*

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## **Giants and Legends** Dr. Douglas Edmunds

Enjoy a behind-the-scenes look at the exploits of the strongest men on Earth through the eyes of the “Godfather of Strongman”, Dr. Douglas Edmunds. Through his first-hand experience as organizer and referee of the World’s Strongest Man competition, Edmunds takes the reader into the world of giants Jon Pall Sigmarsson, Bill Kazmaier, Geoff Capes, Magnus Ver Magnusson, Hamish Davidson and others. A comprehensive and often zany look at the history of strongman and Highland Games that is a must read for all fans of strength sports.

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