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

Bob Hoffman

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"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 they really admire, for it was strength and development more than any other physical or mental characteristic which made these men stars of the playing field or the movies. If you wish to prove my assertion that strength is more admired or talked about than any other subject among young fellows, start a discussion among your friends about strong men. Just tell your friends that a relative of yours, or some other friend or acquaintance, is certainly the strongest fellow in town, and then listen to the outbursts of rhetoric ..." -Bob Hoffman This is a 6" by 9" original version, restored and re-formatted edition of Bob Hoffman's 1940 classic. Visit our website and see our many books at PhysicalCultureBooks.com

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