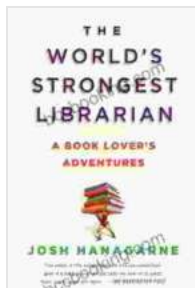


# The World's Strongest Librarian: A Book Lover's Adventures



## The World's Strongest Librarian: A Book Lover's Adventures by Josh Hanagarne

★★★★☆ 4.5 out of 5

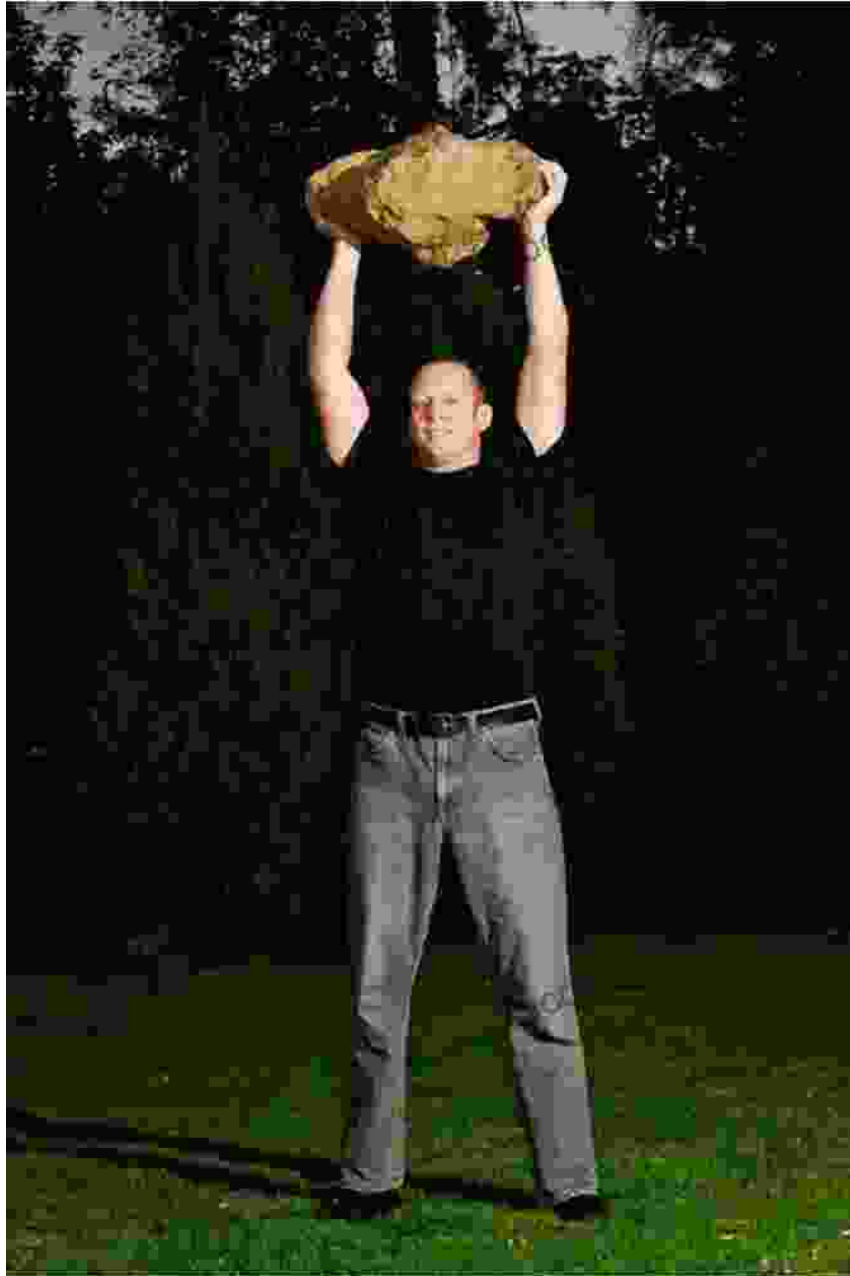
Language	: English
File size	: 1327 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 305 pages



## The Librarian who Lifts Thousands: Meet Josh Hanagarne, The World's Strongest Librarian

In the quaint and unassuming town of Cedar Rapids, Iowa, amidst towering bookshelves and the hushed silence of a library, there resides a man whose story defies all expectations. Josh Hanagarne, a soft-spoken and unassuming librarian, holds an extraordinary secret: he is The World's Strongest Librarian.

Josh's journey from bookworm to strongman began in an unexpected way. After suffering a debilitating back injury, he yearned for an activity that would restore his strength and mobility. Intrigued by the challenge of powerlifting, he hesitantly stepped into a gym for the first time.



As he embarked on his powerlifting journey, Josh discovered a newfound passion that ignited within him. With unwavering determination, he pushed his physical limits, shattering one record after another. In 2015, he broke the Guinness World Record for the heaviest deadlift by a librarian, lifting an astonishing 700 pounds.

News of Josh's extraordinary feats spread far and wide, attracting the attention of the powerlifting community and beyond. He became a symbol of strength, determination, and the indomitable human spirit. Invited to participate in strongman competitions, Josh proved his mettle against some of the world's most elite athletes.

Despite his remarkable accomplishments, Josh remains grounded in his role as a librarian. He believes that his strength extends beyond the weight room and into the lives he touches through his work. By sharing his story, he hopes to inspire others to overcome adversity and pursue their dreams.

In his memoir, "The World's Strongest Librarian," Josh recounts his extraordinary journey, offering a candid glimpse into his struggles, triumphs, and the profound impact he has made on the world. The book is a testament to the transformative power of human aspiration and the boundless possibilities that lie within each of us.

As *The World's Strongest Librarian*, Josh Hanagarne is not only a Guinness World Record holder but an inspiration to millions. His story serves as a reminder that strength comes in many forms, and that it is within our reach to achieve the extraordinary, no matter our circumstances.

### **Praise for "The World's Strongest Librarian"**

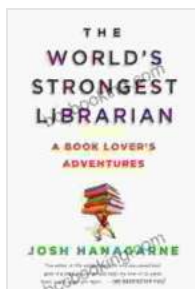
"Josh Hanagarne's story is an incredible testament to the power of human determination. His journey from injury to world-class strongman is a reminder that anything is possible with hard work and unwavering belief." - Ronnie Coleman, 8-time Mr. Olympia

"The World's Strongest Librarian is a captivating read that will inspire you to push your limits and never give up on your dreams. Josh's story is a powerful reminder that strength comes from within." - Arnold Schwarzenegger, actor, bodybuilder, and former Governor of California

"Josh Hanagarne is a true hero. His story is one of courage, determination, and the indomitable human spirit. The World's Strongest Librarian is a must-read for anyone who needs inspiration to overcome adversity and achieve their goals." - Marcus Luttrell, Navy SEAL and author of "Lone Survivor"

If you are ready to be inspired, to believe in the impossible, and to unleash the strength within you, then Free Download your copy of "The World's Strongest Librarian" today. Josh Hanagarne's extraordinary journey will ignite your spirit and empower you to achieve your dreams.

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