



# The strongest man in history: Louis Cyr, "amazing Canadian"

*Ben Weider*

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## **The strongest man in history: Louis Cyr, "amazing Canadian"** Ben Weider

For Canadian Ben Weider, world leader in physical fitness, there was no equal to Louis Cyr, his boyhood idol. While "Weider's scientific approach to bodybuilding and Cyr's brute power could not be further apart," Weider chose to pay tribute to the amazing Canadian strongman in a colorful, picturesque accounting of his life and times, and his extraordinary accomplishments. You'll be transported to the late 1800s, when Louis Cyr first distinguished himself as a child prodigy of strength, and his mother changed his name to Louis, honoring the kings of France since he was the king of strength, and insisted that he wear long golden curls in the tradition of Samson.

First published in 1976 in English, we are honored to offer this definitive account of the phenomenal Louis Cyr. Mr. Weider argues in his final chapters that Louis Cyr "still is the strongest man who ever lived so far as recorded history can tell us." Do you agree?

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