



East End to East Coast

By Martin Saunders

Authentic Lifestyle. Paperback. Book Condition: new. BRAND NEW, East End to East Coast, Martin Saunders, Tough Talk are a group of ex-hardmen and weightlifters from London's East End, whose lives have been radically and powerfully changed. Saved from lives of violence and crime, they now travel the world telling their stories and demonstrating their immense physical strength through their unlikely blend of weightlifting and Christianity. In this book, journalist Martin Saunders spends six action-packed weeks with Tough Talk, following them to the picturesque mountains of France and to the streets of a wounded New York. Along the way he uncovers countless amazing, shocking and amusing stories, makes a few new friends, and watches as many lives are changed forever. Travelling from the East End of London to the East Coast of America, he's forced by what he sees to ask some tough questions about muscles, messages and the meaning of life.



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Reviews

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-- **Prof. Maudie Ziemann**

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-- **Felton Hessel**

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