



COAN The Man, The Myth, The Method: The Life, Times & Training of The Greatest Powerlifter of All-Time

Marty Gallagher

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COAN The Man, The Myth, The Method, Chronicles the life of the greatest powerlifter of all-time, Ed Coan. Follow along as this book presents the personal life, competitive career, training philosophies, and some miscellaneous ramblings relevant to understand the mindset of this champion. This book will entertain you and challenge you to push yourself harder in your everyday life or athletic endeavors. Never before has the world seen the lifts that Coan produced. His simple and methodical approach gives testament to his laser sharp focus and mental ability to achieve what once was thought impossible.

"If you want to gain massive muscular size, walk - no, make that run - to the book store and buy this book the moment you finish reading this unqualified endorsement. It's about time someone came out with a serious book on powerlifting. Since the dawning of modern bodybuilding era to the present day, our greatest champions, men like Grimek, Pearl, Park, Oliva, Arnold, Columbo, Yates and Coleman have used powerlifting training strategies to provide them the raw muscular bulk they eventually honed and chiseled into the final finished physical product. Powerlifting tactics give the serious bodybuilder seam-busting size. Ed Coan is the greatest powerlifter who ever walked the face of the earth and the clear, concise powerlifting advice he dispenses in this book are a God-send to bodybuilders world-wide. I give this book my highest recommendation."

- Joe Weider, Trainer of Champions since 1936

"Ed Coan is not only the strongest powerlifter to ever live but he is also a quality individual. Ed helped me get my start as a powerlifter, strength coach and as a professional strongman. I owe a great deal to Ed. Thank you"

- Mark Philippi, CSCS - Head Strength Coach UNLV

"This book is indispensable reading for any one who lifts weights, or wants to. No matter what level of training you're at, the story of Ed Coan's phenomenal career, his simple and disciplined plan of attack is a total inspiration and damn good way to get strong. I have learned a lot from the big man. His form and his technique are flawless. They will help you lift heavy, and more importantly, safely for years to come. Ed's heart is that of a warrior and true champion. Read the story, learn the lessons and report to your local gym frequently."

- Henry Rollins, Musician and Writer

"I knew of Ed Coan because of his greatness in powerlifting long before I met him in 1989 at the UIC Pavilion in Chicago and we have been friends ever since. Ed will go down as one of the best powerlifters to ever live, and he has the world records to prove it. He is a legend and his feats of strength are simply amazing!"

- Scott Steiner, Pro-Wrestler

"As a powerlifter and true champion Ed Coan is simply the best"

- Dorian Yates, 6 time Mr. Olympia

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