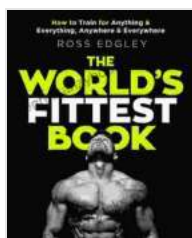


# From the Strongman Swimmer: A Sunday Times Must-Read

In his new book, *The Sunday Times From The Strongman Swimmer*, Ross Edgley, the world-renowned strongman swimmer, shares his inspiring journey and unconventional approach to fitness. Edgley has achieved extraordinary feats, including swimming around the entire coast of Great Britain, completing a marathon while pulling a car, and deadlifting over 1,000 pounds. In his book, he reveals the secrets behind his success and offers practical advice on how anyone can achieve their fitness goals.

## An Unconventional Approach to Fitness

Edgley's approach to fitness is anything but conventional. He believes that the best way to get fit is to challenge yourself and push your limits. He encourages his readers to embrace discomfort and to never give up on their dreams. "The only way to achieve anything great is to step outside of your comfort zone," Edgley writes. "If you're not willing to do that, then you'll never reach your full potential."



## The World's Fittest Book: The Sunday Times Bestseller from the Strongman Swimmer by Ross Edgley

★★★★☆ 4.6 out of 5

Language : English  
File size : 56715 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 508 pages



Edgley's book is full of practical advice on how to train like a strongman swimmer. He covers everything from nutrition to strength training to mental toughness. He also provides detailed workout plans and recipes that can help you get started on your own fitness journey.

### **A Journey of Inspiration**

The Sunday Times From The Strongman Swimmer is more than just a fitness book. It's also a story of inspiration and self-discovery. Edgley shares his personal journey from a skinny teenager to one of the world's most accomplished athletes. He talks about the challenges he's faced along the way, and how he's overcome them.

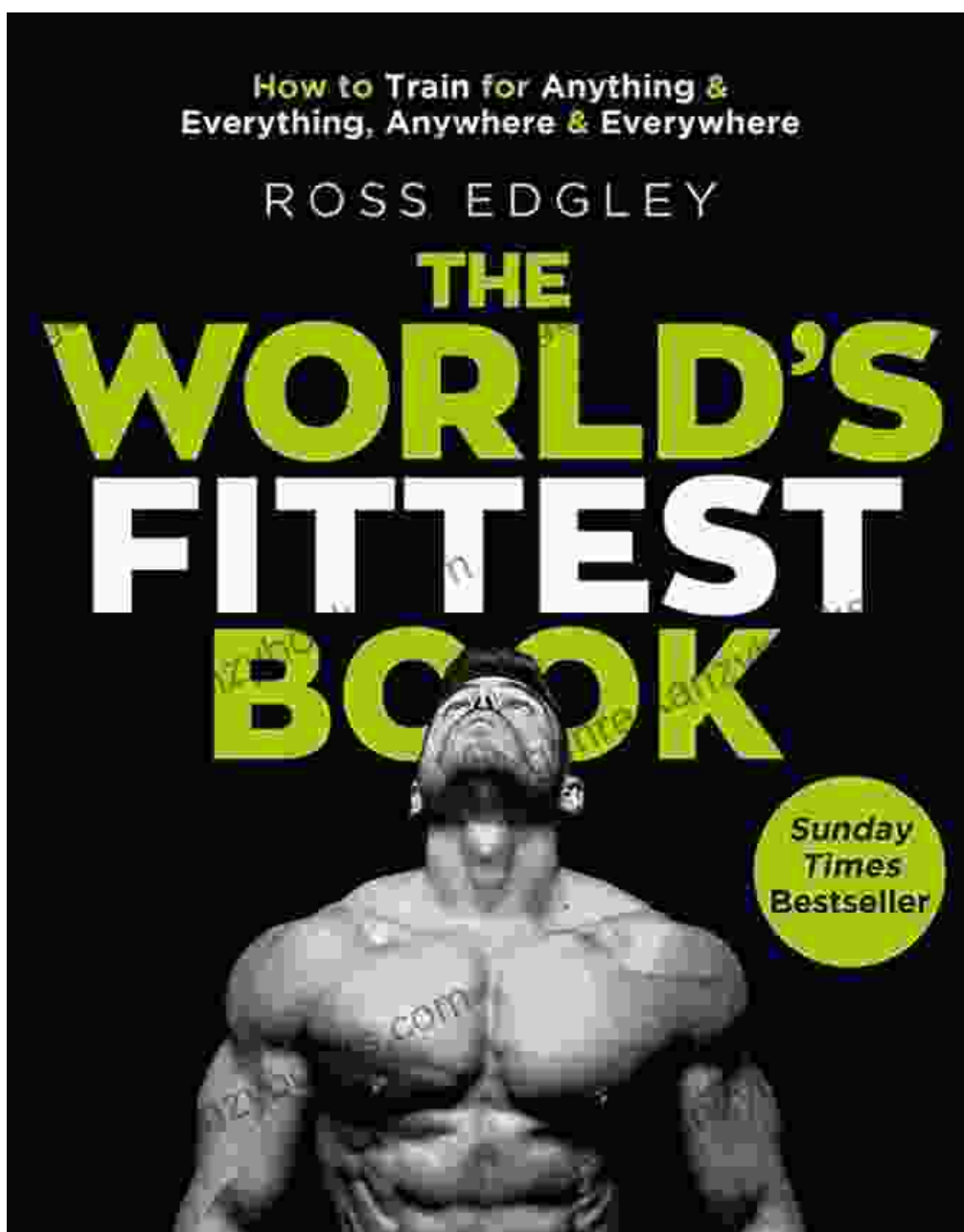
Edgley's story is a reminder that anything is possible if you have the determination and the will to succeed. He writes, "I believe that everyone has the potential to be great. All it takes is a little bit of hard work, dedication, and self-belief."

### **A Must-Read for Anyone Interested in Fitness**

The Sunday Times From The Strongman Swimmer is a must-read for anyone interested in fitness. Edgley's unconventional approach to training and his inspiring story will motivate you to push yourself to new limits. Whether you're a seasoned athlete or just starting out on your fitness journey, this book has something to offer everyone.

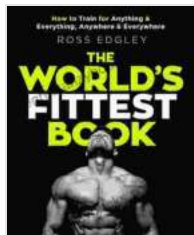
### **About the Author**

Ross Edgley is a world-renowned strongman swimmer. He is the first person to swim around the entire coast of Great Britain, and he has also completed a marathon while pulling a car. Edgley is a regular contributor to The Sunday Times and Men's Health, and he has appeared on numerous television and radio shows.



**Free Download Your Copy Today**

The Sunday Times From The Strongman Swimmer is available now on Our Book Library and at all major bookstores. Free Download your copy today and start your journey to a healthier, fitter, and more fulfilling life.



## The World's Fittest Book: The Sunday Times Bestseller from the Strongman Swimmer by Ross Edgley

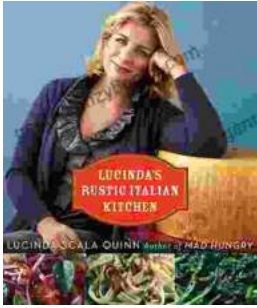
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