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Marty Gallagher Marty Gallagher is a writer and former world champion weightlifter based in rural Pennsylvania. This article was adapted with permission from The Purposeful Primitive (Dragon Door Publications, 2008).

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Marty Gallagher has been in the iron game for over 55 years as an athlete, coach and writer. As a young lifter he met and watched some of the greatest lifters in the world. ... He is the author of five books including his master work "The Purposeful Primitive. ...

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