



The World's Strongest Librarian: A Book Lover's Adventures

Josh Hanagarne

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A funny and uplifting story of how a Mormon kid with Tourette's found salvation in books and weight lifting

Josh Hanagarne couldn't be invisible if he tried. Although he wouldn't officially be diagnosed with Tourette Syndrome until his freshman year of high school, Josh was six years old when he first began exhibiting symptoms. When he was twenty and had reached his towering height of 6'7", his tics escalated to nightmarish levels. Determined to conquer his affliction, Josh tried countless remedies, with dismal results. At last, an eccentric, autistic strongman taught Josh how to "throttle" his tics into submission using increasingly elaborate feats of strength. What started as a hobby became an entire way of life—and an effective way of managing his disorder.

Today, Josh is a librarian at Salt Lake City's public library and founder of a popular blog about books and weight lifting—and the proud father of five-year-old Max. Funny and offbeat, *The World's Strongest Librarian* traces this unlikely hero as he attempts to overcome his disability, find love, and create a life worth living.

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