

Lou Gehrig



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This title presents the life and times of Lou Gehrig - a true baseball great. Like a powerful locomotive, Lou Gehrig slugged his way through 14 years as the pride of the Yankees. Never missing a game, the six-time All-Star set the American League record with 184 RBI in 1931, hit a record 23 grand slams, earned two Most Valuable Player awards, and won the 1934 Triple Crown. Refusing to see himself as a natural, Gehrig achieved greatness through an unwavering dedication to practice. Then, suddenly, the Iron Man began to rust. The home runs ceased. The hits became misses. Gehrig had contracted amyotrophic lateral sclerosis, or ALS. Yet harnessing the strength he had displayed on the baseball diamond, Lou Gehrig struggled onward with dignity and purpose. Though the disease that now bears his name ultimately took Lou Gehrig's life, it did not extinguish his spirit or his legacy. "Lou Gehrig" is an engrossing new biography that celebrates a man who was not only a baseball great, but also a true American hero.

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目录:

[Lou Gehrig 下载链接1](#)

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