

Amazon describes Armstrong's tome, which is available now, as follows: "Think you don't know Vic Armstrong? Wrong! You've seen his work in countless films... He's been a stunt double for James Bond, Indiana Jones and Superman, and he's directed action scenes for three Bond movies, Mission Impossible 3, Thor, and the upcoming The Amazing Spider-Man to name but a few. Counting Harrison Ford, Steven Spielberg and Arnold Schwarzenegger among his friends, and officially credited in the Guinness Book of World Records as the World's Most Prolific Stuntman, Vic's got a lot of amazing stories to tell, and they're all here in this - the movie memoir of the year!" SCIFI MEDIA ZONE: How would you say performing stunts for these types of films have changed in the years you've been doing it? VIC ARMSTRONG: It's changed hugely purely because of technology. Man has always been inventive, back to the silent movies --

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