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some—including

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plunge in search of
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the sport, matched
only by the
intensity and
insanity of his own
dedication. It was

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this never-say-die
approach which
eventually saw
Moore crowned a
national champion
five times; but also
an attitude which
ultimately almost
caused his death.

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Total Recall is the unbelievably true story of Arnold Schwarzenegger's life. Born in the small city of Thal, Austria, in 1947, he moved to Los Angeles at the age of 21. Within ten years, he was a millionaire business man.

After twenty years,

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He was the world's
biggest movie star.
In 2003, he was
Governor of
California and a
household name
around the world.

This special
enhanced edition
of Total Recall
includes over 150
photos with
narration by Arnold

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along with video clips from his careers in bodybuilding, film, and politics. Arnold Schwarzenegger's story is unique, and uniquely entertaining, and he tells it brilliantly in Total Recall. He was born in a year of famine, in a

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small Austrian
town, the son of an
austere police
chief. He dreamed
of moving to
America to become
a bodybuilding
champion and a
movie star. By the
age of twenty-one,
he was living in Los
Angeles and had
been crowned Mr.
Universe. Within

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five years, he had learned English and become the greatest bodybuilder in the world. Within ten years, he had earned his college degree and was a millionaire from his business enterprises in real estate, construction, and

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bodybuilding. He
was also the
winner of a Golden
Globe Award for his
debut as a
dramatic actor in
Stay Hungry.
Within twenty
years, he was the
world's biggest
movie star, the
husband of Maria
Shriver, and an
emerging

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Republican leader
who was part of
the Kennedy
family. Thirty-six
years after coming
to America, the
man once known
by fellow
bodybuilders as the
Austrian Oak was
elected governor of
California, the
seventh largest
economy in the

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world. He led the
state through a
budget crisis,
natural disasters,
and political
turmoil, working
across party lines
for a better
environment,
election reforms,
new infrastructure
to rebuild
California, and
bipartisan

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solutions. Until
now, he has never
told the full story of
his life, including
his greatest
successes and his
biggest failures, in
his own voice. Here
is Arnold, with total
recall.

Ric “The Equalizer”
Drasin is a former
champion

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bodybuilder and
professional
wrestler from the
golden era whose
career excelled
inside and outside
the ring. Ric was
trained by legend
Mae Young in 1965
and made his
debut at the Grand
Olympic
Auditorium. He
rose to claim many

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championships and
become revered by
others in the sport.
In "The Time of My
Life," Drasin tells
the tale of his
successes -- both
personal and
professional -- with
great wisdom and
wit. He offers
insights about the
evolving nature of
the sport and

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intriguing
anecdotes of
encounters with
stars in the
business.

Throughout his career, Drasin has found countless outlets for his personal brand and expertise in fitness, nutrition, wrestling and bodybuilding. He trained with

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Schwarzenegger
and designed the
iconic Gold's Gym
and World Gym
logos. He played
the Demi-Hulk
alongside Lou
Ferrigno and even
designed a fitness
clothing line.

Drasin expounds
on the mental
toughness, heart

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and dedication
required to truly
excel in this art, as
well as the
applicability of a
bodybuilder's
mentality to
parenting and
other aspects of
life. At 71, Ric still
stays in excellent
shape and trains
seven days a week.
He has his own

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show, “Ric’s They
Corner,” with an
ever-growing
viewership of over
25 million, and
regularly
contributes to The
Huffington Post. He
is still accustomed
to beating the
odds, as he
recently survived
pneumonia and
congestive heart

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failure and quickly recovered. Ric is an icon and a motivator to all of his followers in life and on his show. He inspires people to gain self-confidence and go beyond where they ever thought they could go.

The research for

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this extensive, two volume project. represents a comprehensive effort to establish a complete context from which the sport of bodybuilding arose. "Muscle, Smoke and Mirrors" is the rise and fall of what was truly once an extraordinary

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discipline Die They
associated with a
term known as
"Physical Culture."

Experience what
bodybuilding was
originally and learn
just exactly what
"Physical Culture"
really is. See what
growing
philanthropic
power flexed its
financial and

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political muscles to
foster its corporate
agenda,
compromising
human health
internationally.
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merger of
technology and
politics culminated
in the
industrialization,
commercialization,
federalization,

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internationalization
and finally the
STERILIZATION of a
nation's food
supply, rendering it
suspect not only to
the general public;
but also to the
most elite of
athletes. Whether
you are a novice,
an elite
bodybuilder or
simply sports-

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Nutrition minded,
learn how the
emerging forces of
the Iron Game
evolved.

Ultimately, the
factions of this
industry would
grow powerful and
manipulative while
fighting for control
over the Game. It
took the running of
several parallel

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histories on They
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Supplements and
the role of drugs to
offer a complete,
first-time
unraveling of the
web of confusion
and politics that
still permeates the
sport into the 21st
century! Volume I
of "Muscle, Smoke

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and Mirrors" is truly
the untold stories
surrounding
"Bodybuilding's
Amazing
Nutritional Origins."

What can you
bench? Can I skip
leg day? Do you
even lift, bro? At
long last, these
pressing questions
asked by bros

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will be answered in
Simply Lose
The Swoly Bible.
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Inspired by the
massively popular
YouTube channel
BroScienceLife, The
Swoly Bible is a
humorous guide to
gym culture,
authored by
lovable meathead
(and hilarious
fictional persona)

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Dom Mazzetti.** In it,
the Brofessor will
dissect important
topics and offer
'helpful' lifting tips.
With illustrations
and charts
throughout, this
laugh-out-loud
parody is the
perfect gift book
for those in your
fitfam.

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scholar to muscle-
bound showman.

“Easily the best
memoir ever
written about
weight training,
steroids and all”
(Men’s Journal).

When blue-
blooded, storklike
Samuel Wilson
Fussell arrived in
New York City fresh

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from the University
of Oxford, the
ethereal young
graduate seemed
like the last person
on Earth who
would be
interested in
bodybuilding. But
he was intimidated
by the dangers of
the city—and
decided to do
something about it.

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At twenty-six, They
Fussell walked into
the YMCA gym.
Simply Lose
Their Pump
Four solid years of
intensive training,
protein powders,
and steroid
injections later, he
had gained eighty
pounds of pure
muscle and was
competing for
bodybuilding titles.
And yet, with

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forearms like They
bowling pins and
calves like
watermelons,
Fussell felt weaker
than ever before.
His punishing
regimen of
workouts, drugs,
and diet had
reduced him to
near-infant-like
helplessness and
immobility, leaving

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him hungry, They
nauseated, and
prone to outbursts
of “roid rage.” But
he had come to
succeed, and there
was no backing
down now.
Alternately funny
and fascinating,
Muscle is the true
story of one man's
obsession with the
pursuit of

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perfection. With insight, wit, and refreshing candor, Fussell ushers readers into the wild world of juicers and gym rats who sacrifice their lives, minds, bodies, and souls to their dreams of glory in Southern California's so-called iron mecca.

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Discusses in detail
the training
methods,
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and diet
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provides a
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and examines the
advanced
techniques of

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