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The extraordinary story of a skinny lad from Manchester who rose to become British Champion bodybuilder. And there the cliches end in this gritty, humorous, and brutally honest tale which strips away the dream tan and any illusion of a glamorous lifestyle to lay bare the sport as never before. Jim Moore writes about the all-too-often taboo subjects of performance-enhancing drugs, the debilitating illnesses and mental health problems which blight the scene. He takes the reader behind the stage curtain to reveal the murky depths to which some-including himself-will plunge in search of success. Moore reveals the shocking contradictions and dangers inherent in the bread-and-butter running of the sport, matched only by the intensity and insanity of his own dedication. It was 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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Offers information on training, posing, diet, nutrition, and body-part exercises

For more than 40 years, Today's Chuckle--a lively and refreshing antidote to the daily grind of mayhem and murder, disasters and devastation--has appeared on the front pages of newspapers across the country. Now, for the first time, 2,500 of the best of this popular syndicated feature, have been collected for speakers, toastmasters, and lovers of classic one-liners.

Would you confess to a murder you didn't commit? A celebrity cold case gets solved when a convicted gangster, confesses to a headline-grabbing murder. But DSI Joe Leyland is not convinced. With the assistance of rogue former investigative journalist Clare Woodbrook, he begins to unravel a decade-old conspiracy that reaches right into the heart of the police. And as they start to delve deeper, they begin to discover secrets that very powerful people would kill again to hide. Secrets Never Die is a gripping British conspiracy thriller, full of twists and with dashes of dark humour. It's book 2 in the Clare Woodbrook series. Download to be thrilled today!

The popularity of bodybuilding is at an all-time high, and the sport is continuing to grow. But seasoned competitors and beginners often have questions about how to look their best on show day. Written by expert bodybuilding coaches Peter Fitschen and Cliff Wilson, Bodybuilding: The Complete Contest Preparation Handbook will guide you through every step of the process to select a competition, prepare for the contest, and make the transition to the off-season. With no other book like it on the market, Bodybuilding offers you scientifically supported and experience-based guidelines to help you have your best show ever. Bodybuilding takes the guesswork out of preparing for a contest and answers common questions such as these: How do I choose the competition and division that are right for me? What mandatory poses do I need to learn for my competition? What is the best workout to do during contest prep? What should I do if I start to spill over during peak week? How long is too long to maintain stage-lean levels of body fat? The authors have created an easily accessible handbook that guides you step by step. The chapters begin with a background of the sport, followed by a discussion of the competitive division options for both men and women. The next chapters will help you through the process of obtaining a stage-ready physique with an evidence-based approach that combines scientific literature with practical experience. These chapters discuss important topics such as nutrition, training, and preparation timing. The next chapters address posing, peak week, tanning, and a number of other topics that will help you bring your most polished physique to the stage. More than 60 full-color photos show body types for each division and each mandatory pose, offering a visual guide to the proper positions for each pose. You will also find information on how to handle the transition to the off-season. With unparalleled detail, Bodybuilding is your go-to guide for bodybuilding success! CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Bodybuilding Online CE Exam may be purchased separately or as part of the Bodybuilding With CE Exam package that includes both the book and the exam.

THE GREATEST IMMIGRANT SUCCESS STORY OF OUR TIME His story is unique, and uniquely entertaining, and he tells it brilliantly in these pages. He was born in a year of famine, in a 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 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, landscaping, and 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 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 world. He led the state through a budget crisis, natural disasters, and political turmoil, working across party lines for a better environment, election reforms, and bipartisan solutions. With Maria Shriver, he raised four fantastic children. In the wake of a scandal he brought upon himself, he tried to keep his family together. Until now, he has never told the full story of his life, in his own voice. Here is Arnold, with total recall.

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

All Diets Die is the last weight loss book you will ever need. No more gimmicks, no more yo-yo fad diets, no more confusion. Just the truth behind losing unwanted body fat....permanently! Through years of working with thousands of adults trying to look and feel their best, John L. Pantera has comprised a collection of simple techniques and principles to help you shed excess body fat and keep it off forever.

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