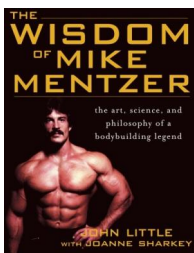


The Wisdom of Mike Mentzer: The Art, Science and Philosophy of a Bodybuilding Legend



Book Review

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Tyson Hilpert)

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