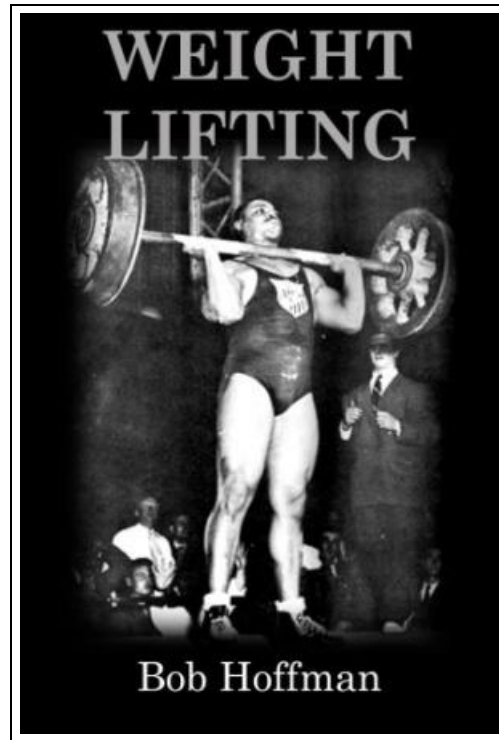


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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I am a weight lifter. I like weight lifting and weight lifters. Training with and the lifting of weights, which to me was at first a pleasurable form of exercise, an outlet for the competitive instinct all real men possess, a means of keeping fit in the shortest possible time, has become my life s work. Once it was said, All that I am and all that I hope to be, I owe to my mother. I revere my mother more with each passing year, as my appreciation grows for the physical normalcy with which she endowed me. I have reached a point in my life where my age is nearly 41, but I feel younger than I did at twenty. I have such pep and energy, such boundless endurance, that life is really a pleasure. No wonder I feel that I owe what I am today to weight lifting. I echo the appreciation of many thousands of men and women who have built their bodies from physical inferiority to perfection, or near perfection, through weight training, who say, The physical superiority I enjoy to the fullest measure today I owe to weight training. -Bob Hoffman This is an original version, restored and re-formatted edition of Hoffman s 1939 classic. Visit our website and see our many books at.



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