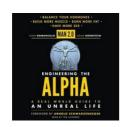
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Like a lot of the comments on this book; it's a BRO Story. It's part self help and part fitness guide. It's actually split up like that too. The front half platitudes,...

I met John a few months ago, and we instantly bonded over our mutual love of steak & philosophy. That is pretty much the only reason I purchased and read this...