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Water in 2000 and  
Achieving Great Health  
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himself a Naturalist,  
meaning he pursues  
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natural way possible.

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## **Confessions of a Body Builder, Rejuvenating the body with ...**

From skinny 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 from the University of

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Oxford, the ethereal young graduate seemed like the last person on Earth who would be interested in bodybuilding.

## **Muscle: Confessions of an Unlikely Bodybuilder: Fussell**

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Confessions of an Un-  
Bodybuilder; After  
World War II, General  
Patton faced a personal  
crisis. After the fall of  
the Axis powers, he  
longed for the  
engagement and  
action he felt during  
wartime. This  
frustration is of no  
surprise. After all, his  
instrumental  
leadership during a  
world war had also  
been a summing of  
the Everest of ...

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## **Confessions of an Un- Bodybuilder - BRAD BORLAND**

Confessions Of A  
Female Bodybuilder.

By Sohee Lee •  
Stanford Contributor

April 25, 2011 at  
1:46am. It wasn't  
Arnold. It wasn't Jay  
Cutler. It was a fit  
woman who graced on  
the cover of a fitness  
magazine on one  
fateful day of my  
childhood. She had it -

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the muscles, the  
leanness, the  
femininity, the  
confidence - all  
presented in one  
beautiful, breathtaking  
physique that was  
uniquely hers.

**Confessions Of A  
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8 thoughts on “  
Confessions From a  
Recovering  
Bodybuilder ” John  
says: February 4, 2014

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at 12:14 pm Finally....a

sensible training routine and someone "in the know" whose using it to great effect.

I, too, train the same way. It is functional, fun, and harkens back to the days of yore when guys like Grimek, Goerner, Sandow and the rest ...

**Confessions From a  
Recovering  
Bodybuilder |  
StrongFirst**

*Page 14/27*

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When I chose to embark on a career as a personal trainer, I had a lot of dreams, but also a lot of misconceptions about the reality of the fitness industry. Now, after 15 years in the business, I have a very different perspective, as well as a few confessions I need to get off my chest.

**True Confessions Of  
A Personal Trainer |**

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Confessions of a Body  
Builder Sunday,  
November 7, 2010. The  
End. Posted by June at  
7:14 PM 1 comment:  
Wednesday, November  
3, 2010. Footage from  
Buffalo Competition.  
Here is a very brief  
video that captures my  
posing during the  
evening portion of the  
event in Buffalo. The  
posing here was not for  
judging purposes but  
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Chlorella, Raw Foods &  
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**Amazon.com:**  
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So now that I've  
cleared that up, here  
are my top 8

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bodybuilding  
confessions, what I  
decided to change and  
why... Confession 1: I  
bulked up and ate way  
too much food! In the  
quest for more muscle,  
I consumed a ridiculous  
amount of calories and  
force feeding was the  
order of the day.

Hungry or not, I made  
a point of eating every  
2.5 to 3 hours and ate  
6-7 times per day.

**Confessions of a**  
*Page 18/27*

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**Former Bodybuilder!  
- Body Blueprint**

Confessions of a  
Natural bodybuilder: A  
short film documentary  
that delves into  
sporting and  
bodybuilding culture.  
How far can the limits  
really be pushed  
naturally? Are all  
athletes doping?

**Confessions Of A  
'Natural'  
Bodybuilder | Pete  
Hartwig ...**

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Muscle: Confessions of  
an Unlikely Bodybuilder  
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Samuel Wilson Fussell  
(Author) Format: Kindle

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## **Bodybuilder ...**

From skinny scholar to muscle-bound showman. "Easily the best memoir ever written about weight training, steroids and all" (Men's

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interested in  
bodybuilding.

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Samuel ...**

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Life. Jes Baker is a year-  
old mental health  
professional who writes  
about self-acceptance  
via her blog The  
Militant Baker. ...

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female bodybuilder -  
Funny dating profile**

...

Muscle: Confessions of  
an Unlikely  
Bodybuilder. Like so  
many other Americans  
in the grip of  
monomania, Fussell

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soon gravitated to  
Southern California.

**Muscle: Confessions  
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EW.com**

At age 26, scrawny,  
Oxford-educated  
Samuel Fussell entered  
a YMCA gym in New  
York to escape the  
terrors of big city life.  
Four years and 80 lbs.  
of firm, bulging muscle  
later, he was  
competing for



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bodybuilding titles in the "Iron Mecca" of Southern California-so weak from intense training and starvation he could barely walk. MUSCLE is the harrowing, often hilarious chronicle of Fussell's ...

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Merely said, the confessions of a body

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