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The Edge, Ben Weider, Joe Weider, Daniel Gastelu, Jan 27, 2003, Health & Fitness, 400 pages. More information to be announced soon on this forthcoming title from Penguin USA.


Hardcore bodybuilding the blood, sweat, and tears of pumping iron, Robert Kennedy, Jan 1, 1982, Health & Fitness, 192 pages.


Building arms for mass and power, Joe Weider, 1983, Health & Fitness, 103 pages. Discusses the physical structure of the arm, shares the training techniques of top bodybuilders, and tells how to maintain one's motivation in a training program.

Beef it! upping the muscle mass, Robert Kennedy, 1983, Fiction, 192 pages. The author gives his advice to bodybuilders on posing, nutrition, metabolism, motivation, and exercises—all designed to show muscle mass to its advantage.

Nutrition and training for women bodybuilders, Joe Weider, May 1, 1984, Health & Fitness, 108 pages. Discusses the importance of nutrition in bodybuilding and recommends exercise programs designed to develop the muscles of women.
Twentieth-century British book collectors and bibliographers, William Baker, Kenneth Womack, 1999, Biography & Autobiography, 393 pages. This multi-volume series is dedicated to making literature and its creators better understood and more accessible to students and interested readers, while satisfying the

The Imaginary Line, J. T. Makoviecki, Mar 1, 2007, Fiction, 242 pages

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The Mental Game of Golf A Guide to Peak Performance, Cohn PhD, Nov 4, 2002, Sports & Recreation, 168 pages. Combining the latest research, wide experience, and tips from tour pros, Cohn shows in this practical guide what peak performance is and how it can be achieved; how to learn

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The Mugged Pug, Darrel Odgers, Sally Odgers, 2007, Juvenile Fiction, 80 pages. When someone starts stealing dogs' collars so that they end up in the pound, Jack decides to investigate.
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