



Get Strong!: Body By Jake's Guide to Building Confidence, Muscl

Jake Steinfeld

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"I want you to spill your guts -- dreams and fears, successes and failures -- before you spill them on the training floor. You probably have many questions about how to better your body, your mind, and your future; so if you're ready to listen, I have the answers!"

-- From the introduction to *Get Strong!*

Now is the time to become the guy that you have always wanted to be! *Get Strong!* is the first guide to not only getting in shape, but also getting your life in gear. Fitness motivator Jake Steinfeld, better known to the world as "Body by Jake," helps you learn the basic steps to a more confident, more powerful, and healthier life. From bicep curls to life evaluations, Jake takes a whole new look at how to make it through your teenage years, and not just as another peg on the totem pole, but as the Big Man on Campus.

Chock-full of real-life tales from Jake's own youth and descriptions and illustrations of exercises to get yourself in shape, *Get Strong!* is the plan you need to become strong and confident. So get off your buttissimo and get down to business, because as Jake says, "I want you to build the most impressive physique that you thought possible with this book, but I also want you to build an impressive future." By following the steps outlined in *Get Strong!*, you will achieve just that.

A portion of the proceeds of *Get Strong!* will go to the Don't Quit! Foundation.

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