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

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

He has traveled extensively, both domestically and abroad, visiting over 32 countries. He published Confessions of a Body Builder: Rejuvenating the Body with Spirulina, Chlorella, Raw Foods and

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Ionized Water in 2000 and Achieving  
Great Health in 2005. He considers  
himself a Naturalist, meaning he pursues  
health in the most natural way possible.

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

From skinny scholar to muscle-bound  
showman. "Easily the best memoir ever



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

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far can the limits really be pushed na...

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The story of my life John Ward aka the Irish bull or natural moron . How I got into bodybuilding.

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Philionfit is a movement to provide fitness motivation, bodybuilding advice, teen lifting tips, and much more. I'm 19 years old, natural, and I enjoy

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## **Confessions of an 'Unnatural' Bodybuilder**

Confessions of a Bodybuilder Changing things one rep at a time. Posted on November 10, 2017 by Admin. Using the ECA Stack. I want to share something I

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ran across while trying to lose weight and get into shape. I have been putting off my New Year's Resolution for quite a while because I had convinced myself that I didn't have time to train ...

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Confessions of a Body Builder Sunday,



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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 for audience entertainment.

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**Confessions of a Body Builder**

Confessions Of A Female Bodybuilder -  
Kristina Nicole

**Confessions Of A Female  
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Venturing into the world of bodybuilding  
with Samuel Wilson Fussell takes the

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reader on a surreal trip filled with primal screams, shots of human growth hormone in the ass, and lumbering lifters. **Muscle: Confessions of an Unlikely Bodybuilder**, Fussell's memoir, follows the progression of an erudite young man into an Arnold-wannabe.

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

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The most popular bodybuilding message boards! In the last 4 years, I have spent over \$15,000 and have had sex with over 70 prostitutes. Here is where I will tell my stories. ... The Confessions of a Whore Monger In the last 4 years, I have spent over \$15,000 and have had sex with over 70 prostitutes. Here is where I

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will tell my stories.

Spirulina Chlorella Raw Foods  
**The Confessions of a Whore Monger**  
- **Bodybuilding.com Forums**

Of course, if you're a bodybuilder, the last thing you want to do is burn muscle and this is a likely outcome if your body fat percentage is low. It's simply a more attractive option to your body since

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there's so little fat. Catabolizing (catabolism) is another word used to describe the burning of muscle for fuel.

## **Confessions of a Body Builder: July 2010**

Stoppert, it's easy to see, has a dual life—as a bodybuilder. This summer he turned pro in his division, Men's

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Spinach, Citrus, Raw Foods  
Ionized Water

Physique, after placing second in a New Jersey competition. Below, Stoppert talks about the grueling work that goes into his elusive quest for the ever more perfect body.

**A Dual Life: Confessions of a Local Bodybuilder | Tribeca ...**

“Easily the best memoir ever written

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



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door with a muscle fetish that starts at eighteen with an encounter with an older, muscular woman. This full length novel follows his quest to explore his obsession with muscular women and his struggle to reconcile this need with the rest of his life.

### **Muscle Love: Confessions of a**

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Bodybuilder by Fussell, Samuel Wilson  
(1991) Hardcover

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