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Arnold Alois Schwarzenegger (/ ɔ r t s n ər /; German: [ a n l t v a t s n ]; born July 30, 1947) is an Austrian-American actor, filmmaker, businessman, investor, author, philanthropist, activist, politician, and former professional bodybuilder and powerlifter.

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### **Arnold The Education of a Bodybuilder Detailed Notes**

This book was written when Arnold Schwarzenegger was 30 years old. It recounts his life up until that point, well before he ever rose to stardom as an actor. The book recounts his life starting at his childhood in Thal, Austria and we see how he became a champion bodybuilder. His career takes him

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