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The Education of a Bodybuilder is a great book by Arnold Schwarzenegger. It mixes his past and the goals he started with, with what he learned to help him achieve his goals and eventually make new ones. It goes into detail about all the things to learn about Arnold's life.

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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.

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Arnold The Education of a Bodybuilder Arnold

His first book, Arnold: The Education of a Bodybuilder, was a bestseller when published in 1977 and, along with his Encyclopedia of Modern Bodybuilding, has never been out of print since.

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Arnold The Education of a Bodybuilder Summary Study Guide

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