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I still remember that first visit to the bodybuilding gym. I had never seen anyone lifting weights before. Those guys were huge and brutal. The weight lifters shone with sweat; they were powerful looking, Herculean. And there it was before me my life, the answer I'd been seeking. It clicked. It was something I suddenly just seemed to reach out and find, as if I'd been crossing a suspended bridge and finally stepped off onto solid ground.

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