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The book Brother Iron Sister Steel is a story by Dave Draper "The Blonde Bomber" and becoming a professional bodybuilder; from his young years, first weight sets and make-shift bench all the way up to his professional career, stating how it felt to train with the idols of the industry (such as Lou Ferrigno and the notorious "Austrian Oak", Arnold Schwarzenegger).

Asbury

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great book, one of my favorite passages-pg 135: "I want to be attracted to working out,not forced to enter the gym as part of day to day regimen. Anyone who trains should have something that builds the enthusiasm ...

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~~brother iron, sister steel~~

Brother Lead and Sister Steel. To his blind power I make appeal; I guard her beauty clean from rust. He spins and burns and loves the air, And splits a skull to win my praise; But up the nobly marching days She glitters naked, cold and fair. Sweet Sister, grant your soldier this; That in good fury he may feel The body where he sets his heel

~~The Kiss—Poem by Siegfried Sassoon—Poetry~~

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Dave Draper is a body building legend and icon who happens to also be a very good writer. He has a very unique and poetic writing style. The book's content consists of information on routines and how to perform specific exercises, information on dieting and nutrition, as well as his personal recollections and stories about his life and his time during the golden age of body building.

~~Amazon.com: Customer reviews: Brother Iron Sister Steel~~

To these I turn, in these I trust; Brother Lead and Sister Steel. To his blind power I make appeal; I guard her beauty clean from rust. He spins and burns and loves the air, And splits a skull to win my

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praise; But up the nobly marching days She glitters naked, cold and fair. Sweet Sister, grant your soldier this; That in good fury he may feel The body where he sets his heel Quail from your ...

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