



Key to Might and Muscle: (Original Version, Restored)

By George F Jowett

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"Just sit down a few moments and question yourself honestly. Search your heart thoroughly, and I am sure you will agree with me that there is much to be improved in yourself. Even if you are athletic, you can never keep up the standard of fitness unless you stick to a few minutes of practice. It amply repays you for the time spent. I never regret the many hours devoted to this practice. It meant a new lease of life to me, and as I draw this chapter to a close let me say that such splendid specimens of humanity as Sandow, Maxick, and Pullum all traversed the same road to secure what they got. They were not miracles, although it may appear so. Just remember them, and let their lives inspire you, as I was inspired. Everybody has the same chance, and the man who is normally healthy, really, has no obstacles to face. Perseverance, patience and determination will be repaid in untold wealth, health, strength, self-reliance and fortitude." - George F. Jowett

George F. Jowett was a famous strongman, coach, and writer. This was one of the most extensive books ever written on the subjects of strength and weight training at the time. It is still one of the most influential books ever written on these subjects. This is a 6" by 9" original version, restored and re-formatted edition of Jowett's 1926 classic. This book contains over 300 pages with many pictures and illustrations. {Note: The original book is listed with the word: THE at the beginning of the title (on the cover only but not inside) but without the word: THE on the official publishing page of the book, so you will find it listed both ways due to Jowett using both titles.} A must have in your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com

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Editorial Review

About the Author

GEORGE F. JOWETT - Man of many talents, leading pioneer of organized weightlifting in the United States. Founder and President of American Continental Weight-Lifters (ACWL), key figure in convincing the AAU to adopt Olympic weight lifting as a official amateur sport in the USA. Editor of Strength magazine from 1925 to 1927, author of many books and booklets relating to the strength field, the best being "The Key to Might and Muscle." Jowett published his own magazine "The Bodybuilder" from 1936 to 1937 (10 issues), George also peddled a very successful physical culture course (Jowett's Body Sculpture). He advised both Bob Hoffman and Joe Weider in the early days of their magazines. Man of immense strength and muscular power, in some circles considered "The Father of American Weightlifting." George F Jowett was born in the UK December 23, 1891 and died in Canada July 11, 1969.

Users Review

From reader reviews:

Henry Carlino:

Do you among people who can't read pleasurable if the sentence chained inside the straightway, hold on guys this specific aren't like that. This Key to Might and Muscle: (Original Version, Restored) book is readable through you who hate the straight word style. You will find the info here are arrange for enjoyable reading through experience without leaving actually decrease the knowledge that want to supply to you. The writer associated with Key to Might and Muscle: (Original Version, Restored) content conveys the idea easily to understand by many people. The printed and e-book are not different in the articles but it just different such as it. So , do you still thinking Key to Might and Muscle: (Original Version, Restored) is not loveable to be your top record reading book?

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Catherine Almond:

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