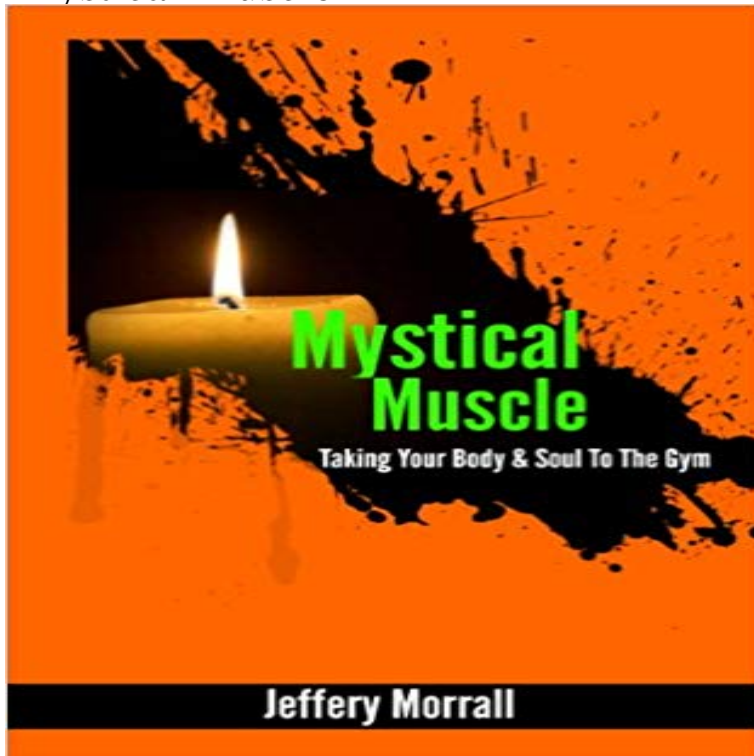


## Mystical Muscle



Taking your Body & Soul to the Gym. This book is a positive and more spiritual look at how to get fit. Not a basic how to book on working out but more along the lines of getting your head in the game to get you to the Gym and keep you there. Uplifting, fun and insightful ways of making your experience of working out a never ending journey of delight. Yep, delight! Once youve finished this, Ill be continuing the series with specific work out programs for each muscle group and still with the Mystical/Spiritual twist. Its all good, my friends.

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