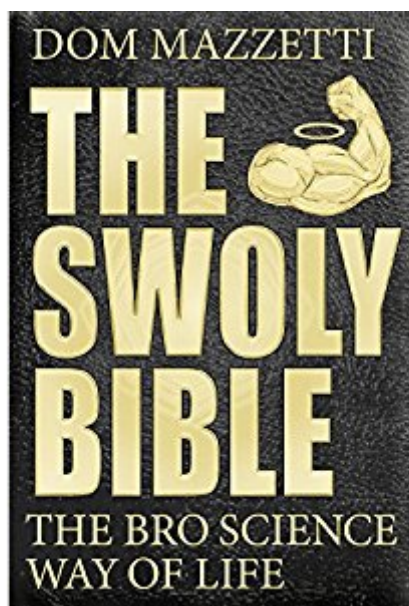


The book was found

The Swoly Bible: The Bro Science Way Of Life



Synopsis

From the muscle god who launched the YouTube channel Bro Science Life comes the only book that will teach you everything you need to know about getting swole. For years bros, meatheads, and gym rats around the world have posed pressing questions: What can you bench? Can I skip leg day? What goes in this protein shake? And, importantly, do you even lift, bro? At long last, answers to these questions and more can be found in one handy volume - The Swoly Bible, written by the Internet's favorite gym expert/literary genius, Dom Mazzetti. In it, Mazzetti lays out the truth about how to make gains in the gym and in your life, including: How to get hyped for a lift The true meaning of meal prep How to eat chicken without wanting to kill yourself The best tips for taking a postworkout selfie How to get your girlfriend to start lifting Why Crossfitters are the worst And much more Written in Dom's signature comedic voice, The Swoly Bible is the perfect gift for anyone in your #fitfam.

Book Information

Audible Audio Edition

Listening Length: 5 hours and 51 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Penguin Audio

Audible.com Release Date: December 20, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01N2HTNRE

Best Sellers Rank: #5 in Books > Humor & Entertainment > Humor > Sports #6 in Books >

Audible Audiobooks > Humor > Parodies #32 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness

Customer Reviews

Some say he is the first ever to successfully bench "all of it", others may say he is the patriarch of the church of iron, i.e. Pope trenaddict. All I know his that he is the brofessor, and he will be the first ever illiterate best selling author.

If you don't buy it you are contributing to the obesity and lack of gains in America.

If you have followed the videos it's basically just a transcription of what he says in the videos to written form. Funny stuff, don't get me wrong, that's why I gave it 3 stars. For a bro in your life that might not have been following Dom on YouTube you will get more than a few chuckles.

Great Customer Service, Great Product! Funny Humor Book - Do Not Expect Knowledgeable Information! Good Jokes! THANKS !

I bought this book for my son and I believe he likes it because he never complaint about it.

A GOD AMONG MEN, but on the real, going as some1 who watched all of his YT vids b4 buying the book. All of the chapters of his book are different youtube videos

Thanks to this book I can now find my whey and fly into swolehall

Awesome book for the bathroom. Some of the content is pretty inspirational
Pro- easy to read and pretty funny
Con- subject matter might make you appear to be selfish

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