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## **Arnold Schwarzenegger Collection 2 Books Set, (The New Encyclopedia of Modern Bodybuilding [Hardcover] Total Recall: My Unbelievably True Life Story)**

*Arnold Schwarzenegger*  
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**Arnold Schwarzenegger : Arnold Schwarzenegger Collection 2 Books Set, (The New Encyclopedia of Modern Bodybuilding [Hardcover] Total Recall: My Unbelievably True Life Story)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Arnold Schwarzenegger Collection 2 Books Set, (The New Encyclopedia of Modern Bodybuilding [Hardcover] Total Recall: My Unbelievably True Life Story):

Arnold Schwarzenegger Collection2 Book in SetTitles in this set:The New Encyclopedia of Modern Bodybuilding,Total Recall,Description:The New Encyclopedia of Modern BodybuildingFrom elite bodybuilding competitors to gymnasts, from golfers to figure gurus, anyone who works out with weights must own this book- a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as 2the bible of bodybuilding."Inside, Arnold Schwarzenegger covers the very latest advances in both weight training and bodybuilding competition, with new section on diet and nutrition, sports psychology, the treatment and prevention of injuries, and methods of training, each illustrated with detailed photos of some of bodybuilding's newest stars.Total RecallTotal Recall is the unbelievably true story of Arnold Schwarzenegger's life. Born in the small city of Thal,

Austria, in 1947, he moved to Los Angeles at the age of 21. Within ten years, he was a millionaire business man. After twenty years, he was the world's biggest movie star. In 2003, he was Governor of California and a household name around the world.