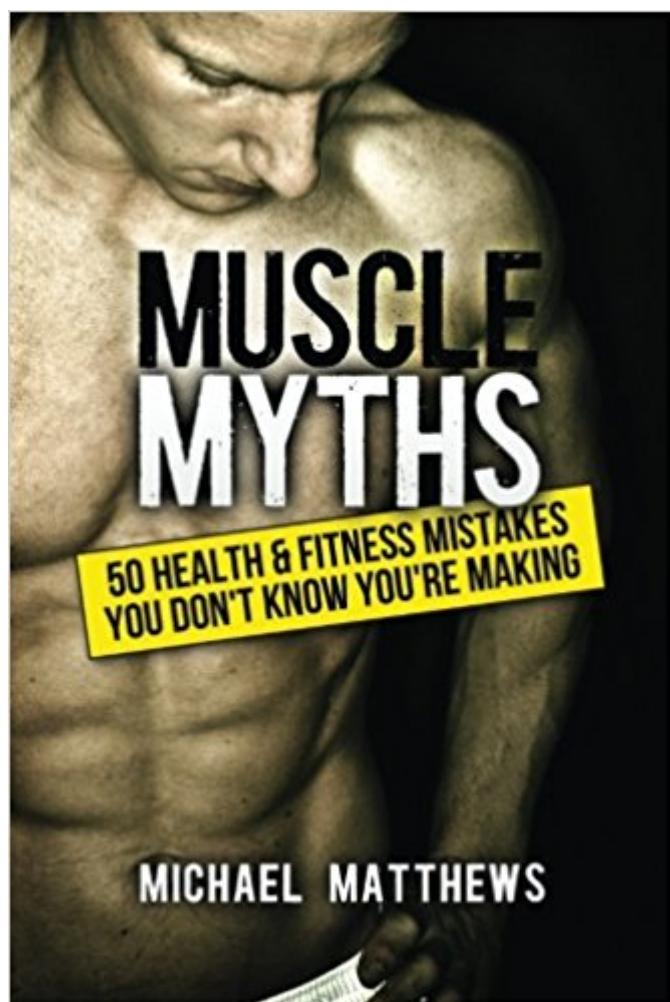


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# **Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Healthy Muscle Series)**



## Synopsis

If you'd like to gain an advanced level of understanding of how to build muscle and lose fat easily, effectively, and rapidly...and if you'd like to rid yourself of all kinds of bad advice and habits that are making getting into great shapeÂ Â much harder than it should be...then you need to read this book. Let me ask you a question. Do any of the following claimsÂ Â sound familiar?"I have badÂ Â genetics--I just can't build muscle or lose fat easily."Â Â "You haveÂ Â to work your abs more to get a six-pack."Â Â WhenÂ Â doing cardio, you want your heart rate in the 'fat burning zone.'"Â Â "Don't eatÂ Â carbohydrates--they make you fat."Â Â "Don't eatÂ Â at night if you want to lose weight."Â Â If youÂ Â wait too long in between meals, your body goes into 'starvation mode' and youÂ Â will mess up your metabolism."Â Â I'mÂ Â overweight because I have a slow metabolism." You've probably heard one or more of these statementsÂ Â before, and the sad truth is lies like these have ruined many people's fitnessÂ Â ambitions.Â Â Thanks to the overwhelming amount of fitnessÂ Â pseudo-science and lies being pushed on us every day by bogus magazines andÂ Â self-styled "gurus," it's becoming harder and harder to get in shape.Â Â Muscle MythsÂ Â was written to debunk the most commonplace and harmful gimmicks, fads, myths, and misinformation in the health and fitness industry. And unlike other books that just offer endless opinions, the advice in this book is backed up byÂ Â over 300 citations of scientific literature, and real-world results.Â Â Make no mistake: this isn't a book about exercise andÂ Â diet theory. This book is full of practical, results-driven advice thatÂ Â willÂ Â help you reach your fitness goalsÂ Â easier and faster. Here are just some of the things you'll learn in thisÂ Â book: Why youÂ Â don't have to completely cut out carbs or fat, or eat weird combinations ofÂ Â food to lose weight. The truth about supplements and why 99% of themÂ Â are a complete waste of money (and the few that are actually scientificallyÂ Â proven to work). The truthÂ Â about the effects of fasting and the "starvation mode" myth. Yup, it's a myth,Â Â and you may even want to incorporate some fasting into your meal schedule. Why eating a substantial amount of carbohydrates every day won't make you fat as some "experts" claim, but why going low-carbÂ Â can be beneficial for some. TheÂ Â scientific secrets of getting a six-pack. Forget 6-minute gimmicks, doingÂ Â endless crunches, and hours of grueling cardio--it's actually pretty easy whenÂ Â you know what you're doing. Training and diet methods that will completelyÂ Â shatter any perceived "genetic barriers" that you think are holding you backÂ Â from building muscle or losing weight. What youÂ Â need to know about alcohol and its effects on your fat loss and muscle growth.Â Â (Hint: It's not nearly as bad as some people claim, and you don't have toÂ Â totally abstain if you know what you're doing!)Â Â And much more. This book will save you the money, time, and frustrationÂ Â of falling

into the traps of misleading diets, workout programs, and products, and teach you how to finally start seeing real results with your diet and exercise. Special Bonus for Readers! With this book you'll also get a free 31-page bonus report from the author called "The No-BS Truth about Building Muscle, Getting Shredded, and Staying Healthy." In this free bonus report, you're going to learn the true fundamentals of building a lean, muscular body without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements. Scroll up and click the "Buy" button now to learn the no-BS truth of how to look good and feel great without having to endure tortuously restrictive diets or long, grueling exercise routines.

## **Book Information**

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## **Customer Reviews**

"I lost 18 lbs and gained 30 lbs on my chest press and 20 lbs on my curls. I look better than I did when I ran 5 miles a day in cross country in high school." -Michael Berger (Verified Purchase)"I read these books and followed them and my lifts all went up at least 20lbs in 3 weeks." -Aaron (Verified Purchase)"Great book! Debunks so much of the rubbish out there about fitness. Easy to read, entertaining and informative. Mike really knows his stuff!" -Mark Robinson (Verified Purchase)"A great book with a ton of information all backed by scientific studies. If you think you know all you need to know about lifting, get this book, it will surprise you what he proves and disproves!" -"skitsy" (Reviewer)"Easy to follow and made sense. Breaks down all the crap we hear on a daily basis. Getting fit can seem so frustrating and difficult and he does a great job of breaking it down and making it so easy." -prstapleton (Verified Purchase)"It's always great to have so

many concerns and claims laid to rest and it's really quite liberating to find a resource that actually backs up the text with credible research rather than just echoing what a distant blogger also said."-Gabe ( Verified Purchase)"Everyone should read this book before they embark on their fitness/weight loss campaign, because chances are that half of what you are doing is a waste of your time, and some of what you are doing is even counter-productive."-Paul ( Verified Purchase)"This book takes everything you need to know about getting into the best shape of your life, and simplifies it for anyone."-Tito ( Verified Purchase)

Hi,I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, [muscleforlife.com](http://muscleforlife.com).Sincerely, Mike

I got this book because of the great reviews and description. This book gave me the map to do what I had to, I just had to walk the path. I lost 18 lbs and gained 30 lbs. On my chest press and 20 lbs. On my bicept curls. Not only that but I look better then I did when I ran 5miles a day in cross country in high school. This books material is not a "diet" its a lifestyle change that has become second nature.

I've been doing resistance training with free weights for over 40 years and these are the best books I've found. Yes, before the Internet and in fact, before there were Nutrition Labels on food. Talk about driving blind.In addition to this book, I've purchased all the books by Michael Matthews here on .Pros: \* I like his writing style.\* I especially like the fact Michael provides a reference source within all the topics. I feel this gives him HUGE credibility and know he isn't just throwing around his personal opinions\* Michael provides invaluable support on his blog, provides recommendations to problems, and answers tons of questions personally. I don't know how he finds the time.Cons: I wished Michael would work with to provide a discount when purchasing the same book in both paperback and Kindle. Yes I have several in both formats.

This book is incredible. I purchased this and Bigger, Leaner, Stronger and read them both in 2 days. If you are a gym rat that has hit a plateau or if you are new to the gym and want to get the best out

of your workouts I suggest getting both of these books. I hit a plateau and could not improve any lifts for a while and had no idea why. I was overtraining my body like crazy. I read these books and followed them and my lifts all went up at least 20lbs in 3 weeks.

I highly recommend this book. There are so many 'myths' out there- do this, eat this, don't do that- that some people follow religiously. I've stood countless times in the weight loss and bodybuilding aisles of grocery and health stores, completely overwhelmed. What product should I buy, which one really works? After all, Everyone is trying to sell you something or make a profit. This book cuts through all of that and redirects back to the basics of how your body actually uses the food you give it. The book returns to the time-tested truth that if you want something, you have to do the work. There are no 'magic pills' and no quick fixes. As my dad used to say, "you can cut down a tree with a spoon or with an axe, but which would you prefer?" This book gives you a chainsaw.

I really like the way the book is organized and the straight forward information. It was an easy read and very practical. There is so much information out there and so many fitness "gurus" around. You sometimes never know what is right or wrong. I like Mike's style and I shake my head in agreement while reading many of his articles. He makes many valid points. I think this is a good source of information.

I am new to fitness and I am 52. I don't have time to try things that don't work and like most people I just need to get to the nitty-gritty on fitness. This book has been a great book in getting the real facts of what makes good sense in fitness. I find this book to be a valuable resource to beginners like me. So much fitness science and common sense in this book.

Very well organized, edited, and written. The brief but effective essays concisely answer and clarify all the debatable and discussed fitness, dietary, and lifestyle topics aficionados and novices alike discuss and debate with great suggestions. Of course many will still debate some of what is documented as a consensus on anything these days is impossible but the author is obviously a credible voice.

I bought this book in hopes that it would give some insight to some mistakes that I'm making that isn't allowing me to lose weight, why I'm losing muscle mass; whatever issues I'm having and what's going on. Basically just debunk any junk that I believe that is keeping me from my goal. Now while

this book has VERY good stuff for someone just getting started, who hasn't taken dietetic classes or is new to the fitness scene; as someone who weight lifts regularly and has been researching this stuff for two years now, it's a paper weight. It covers a lot of the basic myths such as carbs being bad for you, you can drink alcohol regularly and it's not going to effect anything, or deadlifting is bad for your knees. All that was things I already knew. But I'll say again, IF YOU ARE NEW, THIS IS GOOD FOR YOU TO READ. Just I personally don't have a use for it. If you need a holy grail on debunking any (as quoted in the book) "broscience", this is it. Therefore I'm giving it a good rating though I didn't have much use.

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