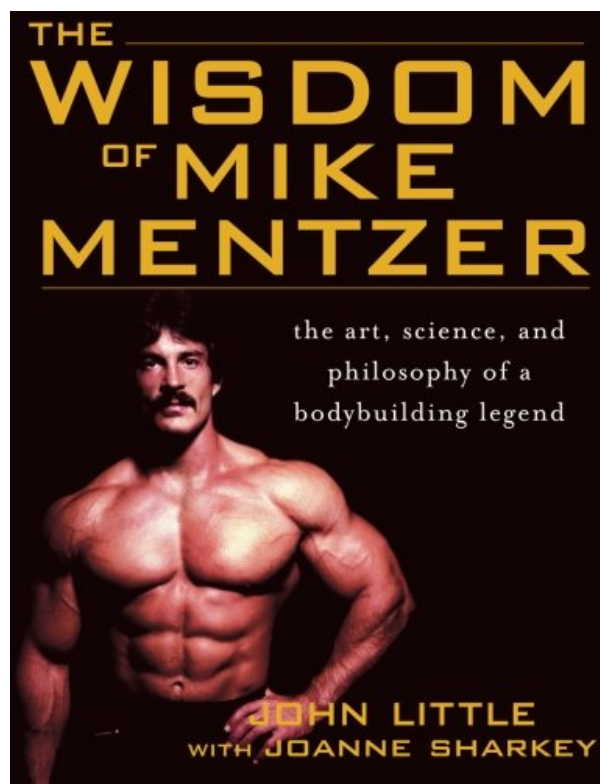
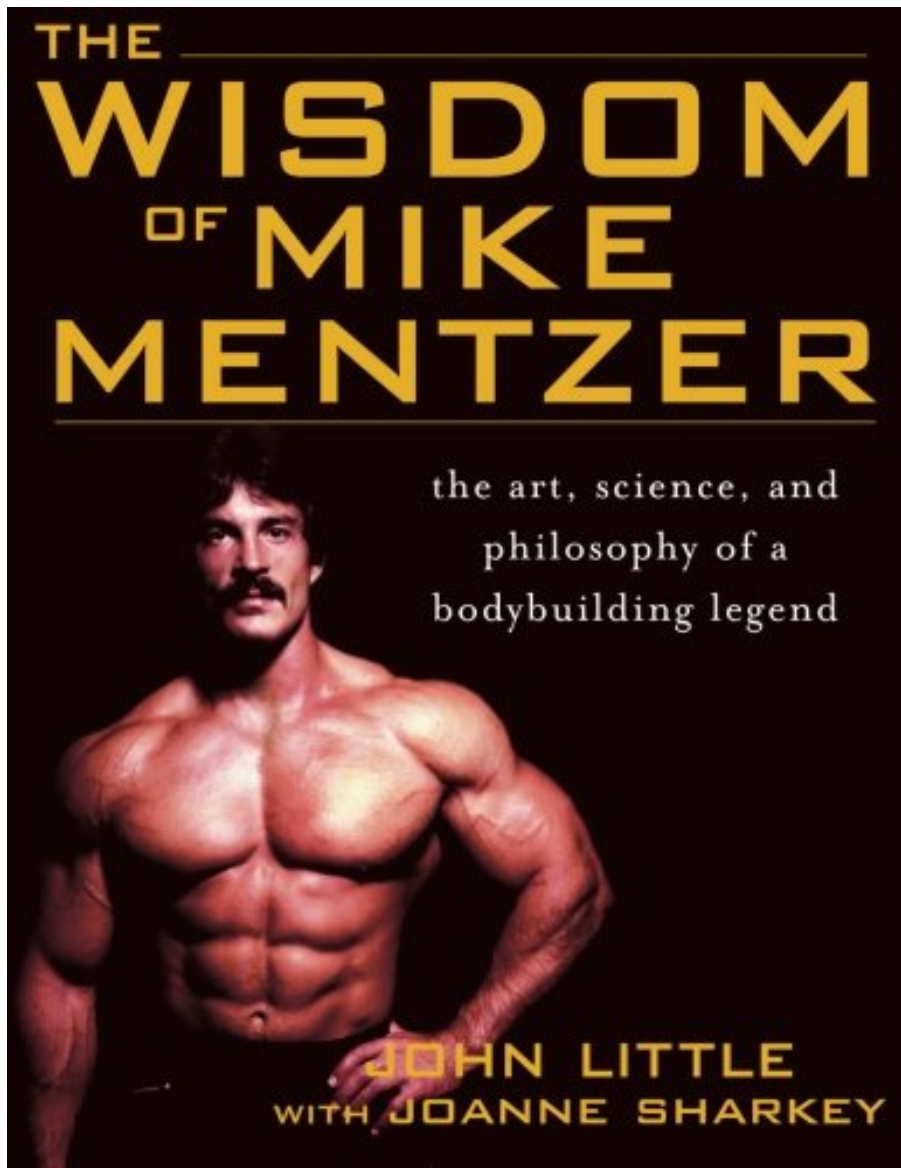


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About the Author

John Little, longtime friend of Mike Mentzer, is the author of more than twenty-five books on bodybuilding, martial arts, history, and philosophy. His books have sold in excess of 600,000 copies and are now published in several languages.

Joanne Sharkey was Mike's closest friend and business manager. As the CEO of Mentzer-Sharkey Enterprises, Inc., she continues at the helm of the Mentzer legacy and operates Mentzer's official Website at www.mikementzer.com

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- 184 pages

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Not a good effort

By C. Owens

Being a fan of Mentzer, I was eager to read this. He does stand as someone I truly have admired in my life time. I have enjoyed his other books and always came away better for reading them. However, I was very disappointed in this book. I soon realised that the problem is it was not written by Mentzer. The first half of the book is honestly just a little too reverent in painting Mentzer as a hero. I admire him, but John Little makes him sound like a saint. It's just a little much. The second half improved as it delved into Mentzer's philosophy on training using many of his own quotes. But even here, John Little refers to his previous book so blatantly and repeatedly, he often sounds like a broken record. It was a shameless redundant self promotion that almost makes one question his sincerity.

My advice, this is just fluff and promotion. Go buy one of Mentzer's books such as Heavy Duty as it is eye opening. Mentzer was a prolific writer and had a such a keen sense of logic that made the other books such as pleasure to read. This feels like a somewhat goulish attempt by those that have survived him, to use his name and drain one last bit from his devout fans.

0 of 0 people found the following review helpful.

Five Stars

By Mark of Health

The BIBLE on High Intensity Training!!!!!!

31 of 35 people found the following review helpful.

Merely a copy of Ayn Rand and Muscle& Fitness articles

By John E. Davidson

Nearly half of this book is a reprint of Mike Mentzer's Heavy Duty Training Advice that the author reprinted from old Muscle and Fitness magazines. His material about Dorian Yates's training is reprinted from old muscle magazines as well and is partially incorrect at that. The ONLY thing good about this book were the pictures and he used virtually the same photos several times at that. Hey Little, how many times can you use a photo of Mentzer on a Nautilus Pullover machine? I am a HUGE Mentzer fan having had a phone consultation with him once but this book straight up sucks. I view this book as nothing more that trying to milk another dollar off of Mentzer's good name. As the previous review stated there is nothing here that is original. If you were a regular reader of muscle magazines, you know all of this information already. Save yourself the money and purchase a book written by Mentzer himself such as Heavy Duty 1 and 2.

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