



The Wisdom of Mike Mentzer: The Art, Science and Philosophy of a Bodybuilding Legend (NTC Sports/Fitness)

By John Little, Joanne Sharkey

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The last word on how to build a better body--from the late, great Mike Mentzer

With his revolutionary "Heavy Duty" system, Mike Mentzer changed the way bodybuilders train, showing them that "less is more" when it comes to making great gains. In *The Wisdom of Mike Mentzer*, you will discover Mike's most advanced training techniques and philosophies--previously known only to his inner circle and personal clients.

Drawing upon never-before-released materials, his longtime colleague John Little reveals Mentzer's most powerful lessons and workout plans, including:

- The importance of working to failure
- Techniques for pushing past mental and physical plateaus
- How overtraining impedes progress
- A complete advanced "Heavy Duty" training system

The workout that worked "like magic" for Mr. Universe himself. More than an instruction manual, this thorough compendium brings together a lifetime of insights, training truths, and personal philosophies from one of the greatest bodybuilders of all time.

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Editorial Review

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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