



12 Health and Fitness Mistakes You Don't Know You're Making (The Build Healthy Muscle Series)

Michael Matthews

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From Reader Review 12 Health and Fitness Mistakes You Don't Know You're Making (The Build Healthy Muscle Series) for online ebook

Denise Esse says

Excellent

This book takes a look at the biggest myths in workouts and bursts them wide open. Unlike other gurus, he provides sources to back up his claims, and sets up simple guidelines anyone can follow.

Angela M Lai says

A friend recommended this to me as I'm starting to try to get into focusing on my fitness & health. I thought the book was beneficial in addressing many of my thoughts on health and fitness being myths. It makes me feel better that when I do those things, they aren't detrimental in my journey. A good book for beginners.

Daniel Bradshaw says

Great source of Info they a quick sales pitch

I got really into this book offered a lot of good information. All facts were cited from peer reviewed articles and research. And just when you thought it was the best stuff you have ever read, you get pitched supplements. It was a trick that he even talked about in the book.

Michelle says

FAB BOOK Really interesting thoroughly enjoyed learning the difference of fact and fiction and how we get sold to constantly by the booming industry

Ellen says

Credibility

I appreciate the straightforward approach Michael takes in his presentation. He provides some great information that seems solid. I would have found the info on supplements much more credible if he didn't end up pushing his own supplement brand for a designer price. I would welcome someone that would tell us about great, inexpensive supplements already on the market.

Monica Salamanca says

Good overview

I got this book for free and was a good introduction of what all his other books have. I suggest buy his other books. I have been following his training methods and new way of eating and I have lost a lot of body fat already

Steve Campise says

Some good info

Some good information and tips in the beginning but the end of it is just trying to lure you into buying another book.

Cassandra Rogers says

Good read

I liked the book. I appreciate the short and to the point statements. I would recommend this to anyone confused on what to do when looking weight.

Bella says

So many myths busted

This book gives a glimpse of popular myths regarding health and fitness. Author also explains the science behind. At the end of the day, you will know the truth behind all the fitness myths.

Edward Young says

Nicely done

very informative and well documented. as a fitness professional myself it is always refreshing to come across a well-written piece.

Rodney Higginson says

The book was great, the author made some valid points about working out and the fitness community and myths. It a good read for anyone into fitness.

Brian Delrosario says

Every little thing helps. Maybe not all to the same degree, but it helps. Add to the quick workout reading list.
