



# Muscle Myths: That Will Destroy Your Chances of Building Real Muscle!

*Ken R. Johnson*

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**Muscle Myths: That Will Destroy Your Chances of Building Real Muscle!** Ken R. Johnson  
"Fantastic Muscle Advice!"

If you have been looking for some easy and practical ways to build muscle, while avoiding some of the tragic mistakes that people make, your search is over! Within the pages of this book, you will discover the information you need to successfully achieve muscle mass, and significantly improve your results. So, what are you waiting for? Enjoy!

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