



# Raw Power! Building Strength and Muscle Naturally

*Stephen Arlin*

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## **Raw Power! Building Strength and Muscle Naturally** Stephen Arlin

This is the world's only book on true natural body-building, weight-lifting, total fitness, and diet information that is specifically designed for building and maintaining muscle and strength. The author is the world's foremost authority on vegetarian body-building. He explains numerous techniques and strategies on how to gain strength and muscle mass built out of raw plant foods. Recipes, workouts, and photographs are included.

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