



# The Meathead Manifesto

*Brody McVittie*

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## **The Meathead Manifesto** Brody McVittie

The Meathead Manifesto--the only 'How-To' guide you'll ever need! If you're into bodybuilding and girls and nutrition (--and girls!) then you'll love this irreverant take on concepts like 'How To Handle Your Raging Jealousy' and 'Fat: Like The Stuff You Need (As Opposed to the Thing you Think you are.)

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