



From Slight to Might: Building Muscle for the Hardgainer

Hollis Lance Liebman

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Are you discouraged at the gym? You see all those muscular men lifting double your weight with ease, but when you look in the mirror, all that's looking back at you is a skinny guy longing for bulk. Well the days of thinking that you'll never be muscular are long but over. Now you have the opportunity to bulk up with ease! How you say? Well just pick up a copy of *From Slight to Might* and find out!

From fitness guru Hollis Lance Liebman comes a book that not only shows you the right way to begin your workouts, but how to train for the future in both the gym and at home. Shown through Liebman's three phases of progressive change, you'll be able to see noticeable improvements to your physique in just a few months.

Many people waste hours in the gym doing exercises incorrectly or using too much weight. Then you have those who sweat the fat off and then go home to an unhealthy meal. Liebman touches on this and more by not only showing you the proper form for each exercise, but how to also improve your diet and personal mindset (along with your body).

With full-color photographs and step-by-step instructions, *From Slight to Might* will help you add the bulk you've been seeking and continue to gain personal confidence in your body. Your mood will improve, your clothes will fit better, and you'll feel like a better person by getting in shape, bulking up, and learning the right way to live that you've always been yearning for.

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