



### **Breaking the Mold (Paperback)**

By Tim Taylor

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tim Taylor has managed once again to come through with another revolutionary publication. This his latest work being geared toward the professional body builder as well as up and coming body builders, fitness enthusiasts, fitness models, pre-season training as well as the seasoned veteran. Tim was inspired to create this publication after realizing the quantity of books that are published geared toward the novice but that we are lead to believe past a certain point individuals are expected to almost know it all and never plateau or have any questions. Nothing could ever be further from the truth and in his new book Breaking The Mold, Tim uncovers the truth behind bodybuilding and educates us with new techniques and knowledge to pack on that size, mass and lean muscle we all want and desire. If you have been into bodybuilding for a while or are getting ready for a competition this is the book for you. Not written for the novice the techniques contained in this book are advanced and require extreme mental preparedness as well as devotion and dedication. Tim...



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