



Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Healthy Muscle Series)

By Michael Matthews

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If you'd like to gain an advanced level of understanding of how to build muscle and lose fat easily, effectively, and rapidly...and if you'd like to rid yourself of all kinds of bad advice and habits that are making getting into great shape *much harder than it should be*...then you need to read this book.

Let me ask you a question. Do any of the following claims sound familiar?

"I have bad genetics--I just can't build muscle or lose fat easily."

"You have to work your abs more to get a six-pack."

"When doing cardio, you want your heart rate in the 'fat burning zone.'"

"Don't eat carbohydrates--they make you fat."

"Don't eat at night if you want to lose weight."

"If you wait too long in between meals, your body goes into 'starvation mode' and you will mess up your metabolism."

"I'm overweight because I have a slow metabolism."

You've probably heard one or more of these statements before, and the sad truth is lies like these have ruined many people's fitness ambitions.

Thanks to the overwhelming amount of fitness pseudo-science and lies being pushed on us every day by bogus magazines and self-styled "gurus," it's becoming harder and harder to get in shape.

Muscle Myths was written to debunk the most commonplace and harmful gimmicks, fads, myths,

and misinformation in the health and fitness industry. And unlike other books that just offer endless opinions, the advice in this book is backed up by over 300 citations of scientific literature, and real-world results.

Make no mistake: this isn't a book about exercise and diet theory. This book is full of practical, results-driven advice that *will* help you reach your fitness goals easier and faster.

Here are just some of the things you'll learn in this book:

- **Why you don't have to completely cut out carbs or fat, or eat weird combinations of food to lose weight.**
- The truth about supplements and why 99% of them are a complete waste of money (and the few that are actually scientifically proven to work).
- **The truth about the effects of fasting and the "starvation mode" myth. Yup, it's a myth, and you may even want to incorporate some fasting into your meal schedule.**
- Why eating a substantial amount of carbohydrates every day won't make you fat as some "experts" claim, but why going low-carb can be beneficial for some.
- **The scientific secrets of getting a six-pack. Forget 6-minute gimmicks, doing endless crunches, and hours of grueling cardio--it's actually pretty easy when you know what you're doing.**
- Training and diet methods that will completely shatter any perceived "genetic barriers" that you think are holding you back from building muscle or losing weight.
- **What you need to know about alcohol and its effects on your fat loss and muscle growth. (Hint: It's not nearly as bad as some people claim, and you don't have to totally abstain if you know what you're doing!)**
- And much more.

This book will save you the money, time, and frustration of falling into the traps of misleading diets, workout programs, and products, and teach you how to finally start seeing real results with your diet and exercise.

Special Bonus for Readers!

With this book you'll also get a free 31-page bonus report from the author called "The No-BS Truth about Building Muscle, Getting Shredded, and Staying Healthy."

In this free bonus report, you're going to learn the true fundamentals of building a lean, muscular body without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements.

Scroll up and click the "Buy" button now to learn the no-BS truth of how to

look good and feel great without having to endure tortuously restrictive diets or long, grueling exercise routines.

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Editorial Review

Review

"I lost 18 lbs and gained 30 lbs on my chest press and 20 lbs on my curls. I look better than I did when I ran 5 miles a day in cross country in high school."

-Michael Berger (Amazon Verified Purchase)

"I read these books and followed them and my lifts all went up at least 20lbs in 3 weeks."

-Aaron (Amazon Verified Purchase)

"Great book! Debunks so much of the rubbish out there about fitness. Easy to read, entertaining and informative. Mike really knows his stuff!"

-Mark Robinson (Amazon Verified Purchase)

"A great book with a ton of information all backed by scientific studies. If you think you know all you need to know about lifting, get this book, it will surprise you what he proves and disproves!"

-"skitsy" (Amazon Reviewer)

"Easy to follow and made sense. Breaks down all the crap we hear on a daily basis. Getting fit can seem so frustrating and difficult and he does a great job of breaking it down and making it so easy."

-prstapleton (Amazon Verified Purchase)

"It's always great to have so many concerns and claims laid to rest and it's really quite liberating to find a resource that actually backs up the text with credible research rather than just echoing what a distant blogger also said."

-Gabe (Amazon Verified Purchase)

"Everyone should read this book before they embark on their fitness/weight loss campaign, because chances are that half of what you are doing is a waste of your time, and some of what you are doing is even counter-productive."

-Paul (Amazon Verified Purchase)

"This book takes everything you need to know about getting into the best shape of your life, and simplifies it for anyone."

-Tito (Amazon Verified Purchase)

From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com.

Sincerely,

Mike

From the Inside Flap

BOOKS BY MICHAEL MATTHEWS

Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body

Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body

Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making

The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy

Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy

CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape

Users Review

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Jason Silva:

What do you concentrate on book? It is just for students because they are still students or it for all people in the world, what best subject for that? Just simply you can be answered for that query above. Every person has various personality and hobby for every single other. Don't to be compelled someone or something that they don't need do that. You must know how great and important the book *Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making* (The Build Healthy Muscle Series). All type of book could you see on many resources. You can look for the internet resources or other social media.

Susan Gagnon:

What do you regarding book? It is not important along with you? Or just adding material when you require something to explain what the ones you have problem? How about your free time? Or are you busy particular person? If you don't have spare time to do others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? Everybody has many questions above. They must answer that question due to the fact just their can do that will. It said that about e-book. Book is familiar in each person. Yes, it is correct. Because start from on kindergarten until university need this Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Healthy Muscle Series) to read.

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