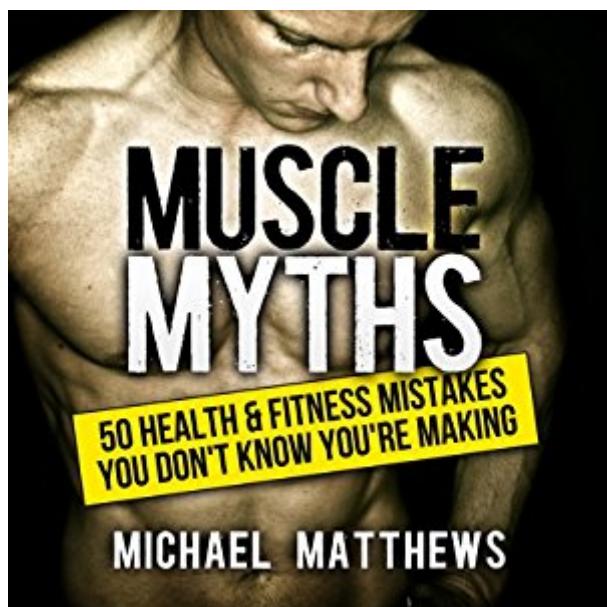


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# **Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle**



## Synopsis

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 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. Muscle Myths was written to debunk the most commonplace and harmful gimmicks, fads, myths, and misinformation in the health and fitness industry. 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. The truth about the effects of fasting and the "starvation mode" myth. 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. Training and diet methods that will completely shatter any perceived "genetic barriers" that you think are holding you back. 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. Special Bonus! 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".

## Book Information

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## Customer Reviews

I got this book because of the great reviews and description. This book gave me the map to do what I had to, I just had to walk the path. I lost 18 lbs and gained 30 lbs. On my chest press and 20 lbs. On my bicept curls. Not only that but I look better then I did when I ran 5miles a day in cross country in high school. This books material is not a "diet" its a lifestyle change that has become second nature.

I've been doing resistance training with free weights for over 40 years and these are the best books I've found. Yes, before the Internet and in fact, before there were Nutrition Labels on food. Talk about driving blind.In addition to this book, I've purchased all the books by Michael Matthews here on .Pros: \* I like his writing style.\* I especially like the fact Michael provides a reference source within all the topics. I feel this gives him HUGE credibility and know he isn't just throwing around his personal opinions\* Michael provides invaluable support on his blog, provides recommendations to problems, and answers tons of questions personally. I don't know how he finds the time.Cons: I wished Michael would work with to provide a discount when purchasing the same book in both paperback and Kindle. Yes I have several in both formats.

This book is incredible. I purchased this and Bigger, Leaner, Stronger and read them both in 2 days. If you are a gym rat that has hit a plateau or if you are new to the gym and want to get the best out of your workouts I suggest getting both of these books. I hit a plateau and could not improve any lifts for a while and had no idea why. I was overtraining my body like crazy. I read these books and followed them and my lifts all went up at least 20lbs in 3 weeks.

I highly recommend this book. There are so many 'myths' out there- do this, eat this, don't do that- that some people follow religiously. I've stood countless times in the weight loss and bodybuilding aisles of grocery and health stores, completely overwhelmed. What product should I buy, which one really works? After all, Everyone is trying to sell you something or make a profit. This book cuts through all of that and redirects back to the basics of how your body actually uses the food you give it. The book returns to the time-tested truth that if you want something, you have to do the work. There are no 'magic pills' and no quick fixes. As my dad used to say, "you can cut down a tree with a spoon or with an axe, but which would you prefer?" This book gives you a chainsaw.

I really like the way the book is organized and the straight forward information. It was an easy read and very practical. There is so much information out there and so many fitness "gurus" around. You sometimes never know what is right or wrong. I like Mike's style and I shake my head in agreement while reading many of his articles. He makes many valid points. I think this is a good source of information.

I am new to fitness and I am 52. I don't have time to try things that don't work and like most people I just need to get to the nitty-gritty on fitness. This book has been a great book in getting the real facts of what makes good sense in fitness. I find this book to be a valuable resource to beginners like me. So much fitness science and common sense in this book.

Very well organized, edited, and written. The brief but effective essays concisely answer and clarify all the debatable and discussed fitness, dietary, and lifestyle topics aficionados and novices alike discuss and debate with great suggestions. Of course many will still debate some of what is documented as a consensus on anything these days is impossible but the author is obviously a credible voice.

I bought this book in hopes that it would give some insight to some mistakes that I'm making that isn't allowing me to lose weight, why I'm losing muscle mass; whatever issues I'm having and what's going on. Basically just debunk any junk that I believe that is keeping me from my goal. Now while this book has VERY good stuff for someone just getting started, who hasn't taken dietetic classes or is new to the fitness scene; as someone who weight lifts regularly and has been researching this stuff for two years now, it's a paper weight. It covers a lot of the basic myths such as carbs being bad for you, you can drink alcohol regularly and it's not going to effect anything, or deadlifting is bad for your knees. All that was things I already knew. But I'll say again, IF YOU ARE NEW, THIS IS GOOD FOR YOU TO READ. Just I personally don't have a use for it. If you need a holy grail on debunking any (as quoted in the book) "broscience", this is it. Therefore I'm giving it a good rating though I didn't have much use.

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