



# The Truth

*Frank Sepe*

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## **The Truth** Frank Sepe

When it comes to physical fitness and nutrition, it's all so confusing. Which "experts" should you believe? What programs should you follow? What and when should you eat? Is weight training really necessary for getting in shape? The exhausting information overload in this area has never been more contradictory, confusing, and even dangerous. Well, this is the book that can clear up all that confusion and conflicting information! The training tips and philosophy presented here by world-renowned bodybuilder Frank Sepe will reveal everything you've ever needed to maximize your body's full potential. Stating the truth is harder to deliver than it may seem at first. Imagine the answers the truth will unlock: The truth about training techniques. The truth about nutritional information. The truth about women and training. The truth about cardio's effects. The truth's real power--indeed, its very effectiveness--lies in its sheer simplicity.

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