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The raw and unvarnished truth about losing fat and gaining muscle by The Iron Guru, Vince Gironda. Gironda is the epitome of what you see is what you get, zero tolerance for bullshit, and if you don't like it or won't put in the necessary willpower to follow a working and "living it" means to building your body, then get out of his gym and his way.

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Unleashing the Wild Physique: Ultimate Bodybuilding for ...

He co-authored Unleashing the Wild Physique in 1980 with Robert Kennedy, which provided the "ultimate bodybuilding for men and women". Unfortunately the book has long been out of print now. Vince passed away in 1997 just before turning 80. He was a great example of a fit and healthy bodybuilder who lived a long and active life.

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