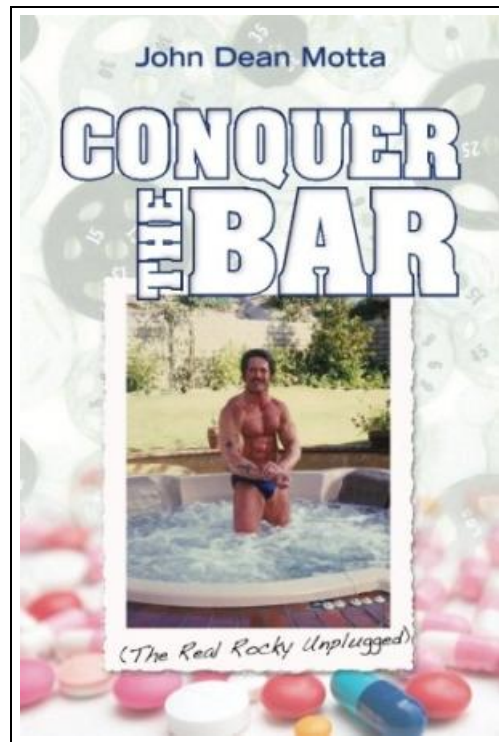


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CONQUER THE BAR (THE REAL ROCKY UNPLUGGED) (PAPERBACK)

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Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. To most humans, perspiring and straining for hours on end during workouts would be a sacrifice, a drudgery. But the daily training in a gym with sizeable barbells was as much a part of Rocky s routine as morning coffee and doughnuts were to ordinary people. A severely torn forearm muscle injury axed his dreams to compete for the coveted gold medal in the 1964 Olympic Games that he qualified for to represent the United States. The Rock built himself back up (including his ego) into a praiseworthy power-lifter. He was prestigiously crowned Mr. America Over 40 in 1983. In my book, Norman Rauch was a giant of a man for admitting that his numerous years of self-inflicted anabolic steroid abuse nearly cost him his life. Rauch eventually allowed his large ego to become detached (unplugged) from all the hype and glory after spending 59 death-defying days in the hospital as a bone marrow transplant recipient. From almost having to cash in his chips, this courageous man dedicated his life to Christ and spoke to kids all over the nation on the dangerous effects of steroid abuse.

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