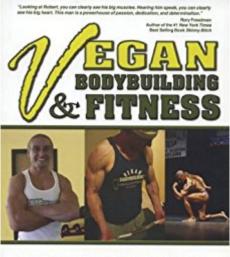
The book was found

Vegan Body Building & Fitness



The Complete Guide to Building Your Body on a Plant-Based Diet

Robert Cheeke



Synopsis

One of the world's most recognized vegan body builders presents a comprehensive guide to building a fit body while eating a plant-based diet. Author Robert Cheeke inspires people to develop magnificent bodies. His passion for doing the most amount of good while causing the least amount of harm has inspired athletes, trainers, and anyone interested in a strong, healthy body. This title includes information on the most important things to consider in order to be a successful vegan bodybuilder including the best way to put together vegan meal programs and training regimens, how to find sponsorship and make bodybuilding a career, and where to find access to vegan products, services, and equipment. There is also advice on how to take bodybuilding beyond a personal endeavor and use it for activism and outreach.

Book Information

File Size: 4173 KB Print Length: 420 pages Publication Date: April 11, 2011 Sold by: Â Digital Services LLC Language: English ASIN: B004W8D8QE Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #142,764 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Vegan #29 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #726 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Cheeke is a much better bodybuilder than he is a writer, and the book suffers terribly from very undisciplined and self-indulgent writing. Firstly, he talks about himself A LOT. The info you're after is in the book, but you have to wade through a lot of autobiographical guff that you're probably not very interested in. It's not that Cheeke seems like an egomaniac. Actually, he seems like a really nice guy. It's just that writing about himself is probably easier for him than writing genuinely helpful

and well-organised content, so that's what he does most of the time. A good editor would have guided him away from this, but the book clearly never touched the hands of a proffessional editor. The other problem with Cheeke's writing style is that he has a tendency to waffle and repeat himself. Take the following passage:"One cannot achieve anything without consistency of applied effort. The more consistent someone is, the more success they are bound to have. If you hope to put on muscle, you will have to put in the work consistently with your training and nutrition programs or you simply won't achieve what you set out to do. Success simply isn't possible if you don't adhere to consistency to see it through. It is a physiological impossibility to put on muscle without consistency in good nutrition and training programs."Good grief. That's FIVE sentences in a row that essentially say EXACTLY THE SAME THING! At least the guy's consistent, I guess, har har har. Jokes aside, this problem appears throughout the book, and pretty soon you're left with grossly inflated book that only has a couple of pamphlets' worth of real content in it. Too much bulk and not enough cut.

Download to continue reading...

Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) Vegan: High

Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss) meal plan, vegan diet for beginners, vegan diet guide) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) VEGAN: Your Body, Your Friend: The Answer to Permanently Becoming Slim, Healthy, and Happy (Clean Eating, Cure Eating Disorders, incl. Vegan Recipes) (Vegan ... & Healing Based on Scientific Research) The Guide To Vegan Bodybuilding, Vegan Nutrition And Body Fat Loss: Become a SEXY VEGAN BEAST

<u>Dmca</u>