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Mr. World, can tell it. Training techniques, exercise descriptions and nutritional strategies form the book's foundation, but what glues this book together are Dave's personal experiences and insights, humor and candidness, all of which speak to the heart and soul.

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The book Brother Iron Sister Steel is a story by Dave Draper "The Blonde Bomber" and becoming a professional bodybuilder; from his young years, first weight sets and make-shift bench all the way up to his professional career, stating how it felt to train with the

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idols of the industry (such as Lou Ferrigno and the notorious "Austrian Oak", Arnold Schwarzenegger).

~~Asbury~~

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~~brother iron, sister steel~~

Brother Lead and Sister Steel. To his blind power I make appeal; I guard her beauty clean from rust. He spins and burns and loves the air, And splits a skull to win my praise; But up the nobly marching days She glitters naked, cold and fair. Sweet Sister, grant your soldier this; That in good fury he may feel The body where he sets his heel

~~The Kiss Poem by Siegfried Sassoon Poetry~~

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Brother iron, sister steel a bodybuilder's book This edition published in 2001 by On Target Publications in Aptos, CA. Edition Notes Includes bibliographical references (p. 313-323) and index. Genre Biography. Classifications Dewey Decimal Class 646.7/5 Library of Congress GV546.5 .D73 2001 ID Numbers Open Library ...

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Dave Draper is a body building legend and icon who happens to also be a very good writer. He has a very unique and poetic

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writing style. The book's content consists of information on routines and how to perform specific exercises, information on dieting and nutrition, as well as his personal recollections and stories about his life and his time during the golden age of body building.

~~Amazon.com: Customer reviews: Brother Iron Sister Steel~~

To these I turn, in these I trust; Brother Lead and Sister Steel. To his blind power I make appeal; I guard her beauty clean from rust. He spins and burns and loves the air,

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And splits a skull to win my praise; But up
the nobly marching days She glitters naked,
cold and fair. Sweet Sister, grant your
soldier this; That in good fury he may feel
The body where he sets his heel Quail from
your ...

~~Brother Lead and Sister Steel | To these I
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