



# The Wisdom of Mike Mentzer: The Art, Science and Philosophy of a Bodybuilding Legend (NTC Sports/Fitness)

By John Little, Joanne Sharkey

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**The last word on how to build a better body--from the late, great Mike Mentzer**

With his revolutionary "Heavy Duty" system, Mike Mentzer changed the way bodybuilders train, showing them that "less is more" when it comes to making great gains. In *The Wisdom of Mike Mentzer*, you will discover Mike's most advanced training techniques and philosophies--previously known only to his inner circle and personal clients.

Drawing upon never-before-released materials, his longtime colleague John Little reveals Mentzer's most powerful lessons and workout plans, including:

- The importance of working to failure
- Techniques for pushing past mental and physical plateaus
- How overtraining impedes progress
- A complete advanced "Heavy Duty" training system

The workout that worked "like magic" for Mr. Universe himself. More than an instruction manual, this thorough compendium brings together a lifetime of insights, training truths, and personal philosophies from one of the greatest bodybuilders of all time.

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### Editorial Review

#### About the Author

**John Little**, longtime friend of Mike Mentzer, is the author of more than twenty-five books on bodybuilding, martial arts, history, and philosophy. His books have sold in excess of 600,000 copies and are now published in several languages.

**Joanne Sharkey** was Mike's closest friend and business manager. As the CEO of Mentzer-Sharkey Enterprises, Inc., she continues at the helm of the Mentzer legacy and operates Mentzer's official Website at [www.mikementzer.com](http://www.mikementzer.com)

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##### **Eileen Williams:**

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