



## Solitary Fitness

By Charlie Bronson, Stephen Richards

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**Solitary Fitness** By Charlie Bronson, Stephen Richards

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Charles Bronson has served 28 years behind bars and 24 of those years have been in solitary confinement; yet in spite of this he remains fit and strong. What are the secrets to his phenomenal strength and fitness? How can Bronson punch a hole with his bare fist through bullet-proof glass, bend solid steel doors by kicking at them, and do press-ups with two men on his back—all on a prison diet? Without the use of fancy gym equipment, steroids, steaks, supplements, or pills you can pack on pounds of muscle, lose weight fast, and gain superhuman strength.

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## Solitary Fitness By Charlie Bronson, Stephen Richards Bibliography

- Sales Rank: #29410 in Books
- Brand: Brand: John Blake
- Published on: 2007-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .77" w x 5.00" l, .43 pounds
- Binding: Paperback
- 256 pages

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## **Editorial Review**

### About the Author

Charlie Bronson is everyone's favourite con - as testified by his bestselling books *Bronson* and *Insanity: My Mad Life*. Renowned for his serial hostage-taking and piquant sense of humour, he has earned himself a fearsome reputation on both sides of the bars...

Stephen Richards, also known as *The Golden Pen*, is an international bestselling author of over 60 titles and his many successful self-help books have been translated into foreign languages. As a qualified clinical hypnotherapist and stress counsellor, Stephen was a former member of the British Association of Counsellors and was affiliated to their Family Sexual Division, Disaster Team and Stress Counselling for Students Division. Stephen now applies his time to self-help publications, running his property development empire and helping others.

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