



Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series)

By Michael Matthews

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And more...

Simply put, Beyond Bigger Leaner Stronger is nearly 300 pages of neatly organized dietary and training lessons, insights, and principles...backed by decades of anecdotal evidence and over 250 scientific studies...and 100% geared toward helping you push your body to its genetic potential in size, performance, and aesthetics.

SPECIAL BONUS REPORT FOR READERS!

With this book you'll also get a free 175-page bonus report from the author called *The Beyond Bigger Leaner Stronger Challenge*. In this bonus report, you'll find product recommendations, a full year's worth of workouts, recipes from the author's cookbooks, and more!

Buy this book today and learn what most guys will never know about building extraordinary amounts of muscle and tremendous strength while staying lean...and all without superhuman genetics, living in the gym, or using steroids.

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Editorial Review

"Mike Matthews knows what it's like to fight the uphill battle to becoming powerful, strong and ripped and he's definitely made it there.

"Beyond Bigger Leaner Stronger is the ultimate, impressive result: jam-packed with practical advice that is actually proven and that actually works with no fluff and pure simple science. Without a doubt, this book is a must-have for your personal performance library."

Ben Greenfield, MS

(NYT Bestselling Author and Founder of BenGreenfieldFitness.com)

"I have personally put on 10 pounds of lean mass while going from 15-16% BF to 9.5% BF in a little under 9 months following Mike's program and dietary guidelines. I have seen my strength in the gym skyrocket."

-Mike R. (Amazon Reviewer)

"My gains using Beyond Bigger Leaner Stronger are not just great because they are fairly large but also because I continually made gains most weeks."

-Jeremy W. (Amazon Verified Purchase)

"As a scientist I do a lot of my own research for my training/diet/supplementation just like Mike, and had come to many of the same conclusions about the best approach to a healthy lifestyle and gaining muscle."

-Ben M. (Amazon Verified Purchase)

"All I can say is that if you actually read these books cover to cover, and actually listen to and do the things (including diet, folks...NO CHEATING), it is the best bodybuilding program ever put together."

-Mario R. (Amazon Verified Purchase)

"Now when somebody asks me for advice, I point them first to Bigger Leaner Stronger and then to Beyond Bigger Leaner Stronger. Whether you want to get a six pack or add a ton of weight to your squat or bench, these are the books you should be picking up."

-Peter G. (Amazon Verified Purchase) From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com.

Sincerely,

Mike From the Inside Flap

"Mike Matthews has spent the time in the trenches. He has gone from zero to hero. He knows what it's like to fight the uphill battle to becoming powerful, strong and ripped and he's definitely made it there."

"Beyond Bigger Leaner Stronger is the ultimate, impressive result: jam-packed with practical advice that is actually proven and that actually works with no fluff and pure simple science. Without a doubt, this book is a must-have for your personal performance library."

Ben Greenfield, MS

NYT Bestselling Author and Founder of BenGreenfieldFitness.com

"Beyond Bigger Leaner Stronger goes far beyond the 'do this workout and get ripped' tactics most fitness books are pimping these days. And why? It's because Mike 'gets it' on a level most don't."

"I particularly liked the ideas on persistence, commitment, and habit, among the many other topics he touches on. Mike practically dumps everything in his brain about building an ideal male body in BBL, and leaves no stone unturned."

JC Deen

Author and Founder of JCD Fitness

"From head to toe, from the mental to the hormonal to strength, physique, and health, Mike covers everything you need to know about building the ideal body in this incredible book."

"And he manages to do so while getting his hands dirty, ridding fitness and nutrition of its marketing hooks and catchy gimmicks, laying out the truth for you to take it and use it to craft a body that will give you an incredible amount of pride and confidence, but also energy, strength, and athleticism."

"It's a great book. Read it. But don't just read it; apply it. Stop wasting your time with fads and gimmicks, get down to work and use this awesome book to build an even better body."

Chad Howse

Author and Founder of Chad Howse Fitness

"Beyond Bigger Leaner Stronger has all the tools you need to sculpt your dream body in the quickest and smartest way."

"This book will arm you with actionable knowledge about nutrition, exercise and much more and serve as your straight-forward action plan to achieve a healthy, strong and aesthetic physique that few ever attain."

William Artamon

Founder of WorkoutLabs

"At one point, I made a resolution that I would never promote any products in the fitness industry, ever. It's books like this that forced me to change my mind."

"Beyond Bigger Leaner Stronger shows you exactly how to get the body you want without the gimmicks and unnecessary fluff of most diet and fitness books. If you follow the simple, research-proven steps in this book, you will gain muscle, lose fat, and get in the best shape of your life."

Armi Legge**Author and Founder of Evidence Magazine**

"As a fitness author myself, I am downright humbled from the work, attention and practical knowledge that went into Beyond Bigger Leaner Stronger. This book is a must have resource for any experienced lifter.

"If you have some solid mass and want to take your physique from good to nothing short of fantastic, then this is just what the doctor ordered. And it's not simply about focusing on gaining as much strength and mass as possible as Mike explains in the book--something that just isn't feasible for the experienced lifter unless you have drugs on your side.

"So what's the goal, then? To build a physique that would make Michelangelo jealous! When you're able to dedicate your efforts to optimizing your ratios then you don't have to add 20 lbs of muscle to see results. Just a handful of carefully added pounds of muscle will work wonders and make you stand out at your gym as an aesthetic god!

"Well, in this book, Mike will show you how to do this in style, with truly effective routines and nutrition concepts that are designed for natural lifters."

Greg O' Gallagher**Author and Founder of Kinobody**

"Beyond Bigger Leaner Stronger is perfect for anybody looking to reignite the fire of personal development through their fitness.

"We all go through periods where we're frustrated with our lack of progress in the gym, and with our physique development, and sometimes we just throw our hands in the air, needing a real, tangible plan to not only restoke our flame, but give us EXACTLY what to do to with our training, nutrition, and minds to build a body that we're not just okay with, but ecstatic about.

"If this sounds like you, Mike Matthews is your man, and BBLs is your plan."

Chris Walker**Author and Founder of NoGym.net**

"Like MC Hammer, Mike Matthews is too legit to quit. In Beyond Bigger Leaner Stronger, Mike expands on his previous work, giving you the toolset needed to unlock your aesthetic potential.

"Mike has no qualms about telling you just how much work is involved in building the body of your dreams, but in demystifying the physique building process, he arms you with everything you'll need to not spin your wheels, making your fitness journey a fruitful one.

"If you're sexy and you know it, buy this book."

Rog Law**Founder of Rog Law Fitness Users Review****From reader reviews:**

William Murphy: Book is to be different for each and every grade. Book for children till adult are different content. We all know that that book is very important normally. The book Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean,

and Stay Healthy Series) had been making you to know about other information and of course you can take more information. It is very advantages for you. The reserve Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) is not only giving you far more new information but also to be your friend when you sense bored. You can spend your current spend time to read your e-book. Try to make relationship using the book Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series). You never feel lose out for everything if you read some books.

Nancy Figaro:As people who live in typically the modest era should be change about what going on or info even knowledge to make these people keep up with the era which is always change and make progress. Some of you maybe can update themselves by studying books. It is a good choice for yourself but the problems coming to you is you don't know which one you should start with. This Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

Cecil Hardin:This Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) tend to be reliable for you who want to be a successful person, why. The reason of this Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) can be one of many great books you must have is usually giving you more than just simple examining food but feed an individual with information that probably will shock your prior knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions both in e-book and printed ones. Beside that this Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) forcing you to have an enormous of experience for example rich vocabulary, giving you trial run of critical thinking that could it useful in your day activity. So , let's have it and revel in reading.

Billy Migliore:Hey guys, do you desires to finds a new book to read? May be the book with the headline Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) suitable to you? The actual book was written by famous writer in this era. The actual book untitled Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series)is the one of several books that will everyone read now. This specific book was inspired a lot of people in the world. When you read this book you will enter the new way of measuring that you ever know previous to. The author explained their strategy in the simple way, so all of people can easily to recognise the core of this reserve. This book will give you a large amount of information about this world now. So you can see the represented of the world in this particular book.

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