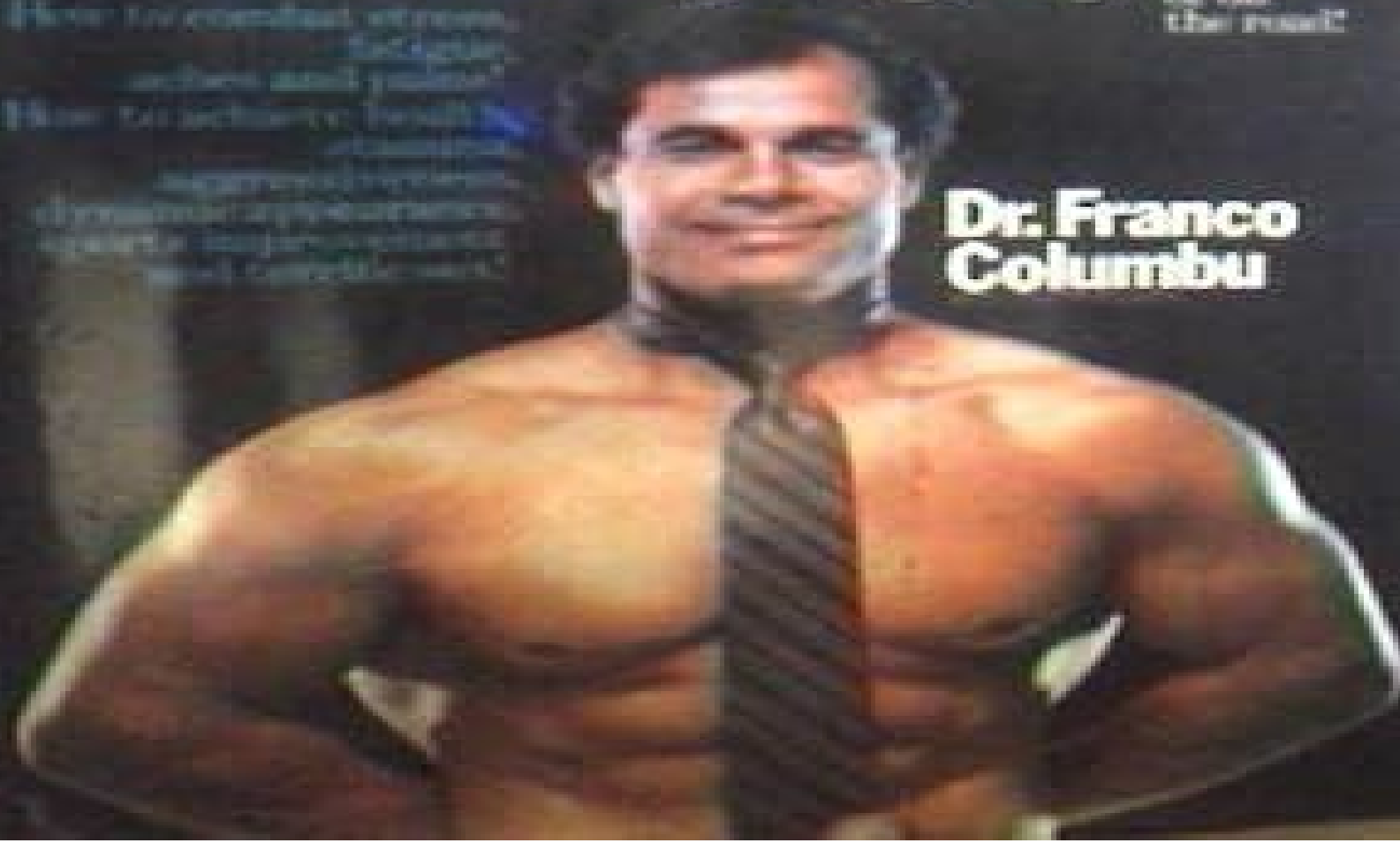


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The Magic of Lifting Weights Rick Newcombe, 2022-01-08 Lifting light weights with good form has helped Rick Newcombe look and feel youthful his whole life especially in his golden years Told in a lively style in the first person and illustrated with nearly two hundred photos Newcombe takes us on his journey starting with wanting to be a bodybuilder as a thirteen year old and resulting in his love affair with lifting weights as an adult He is passionate about this fantastic hobby because it helps build muscle and maintain fitness His weightlifting story is one of inspiration success failure frustration and ultimate success all while he was building a multimillion dollar media company traveling the world and maintaining a close family life He calls it magical because he went after one goal muscles and received a dozen unexpected and rewarding benefits such as increased bone density fat loss better balance and increased energy The author says that working out has helped him to feel youthful with each passing decade and it is the foundation for energy as a senior citizen The key is to make exercising fun

Your Career in the Comics Lee Nordling, 1995-10 Young artists around the world dream of being the next Bill Watterson Charles M Schulz or Mort Walker Now in Your Career in Comics they'll learn how cartoon syndication really works from the artists and professionals themselves Nordling a cartoonist children's book and comic book writer has interviewed dozens of artists and syndicate executives for Your Career in the Comics and provides readers with both a broad based view of the art form and the nitty gritty on fashioning a funny salable comic strip or panel Detailed information on the business of being a professional cartoonist tips on what beginners should avoid and how a newspaper chooses a comic strip are all explored in this fact filled book Firsthand insights from Charles M Schulz Bill

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