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Muscle: A Writer's Trip Through a Sport with No Boundaries

Jon Hotten

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Bodybuilding is the wildest, wierdest sport in the world, but it's more than just a sport. It's a whole way of life for the supermen who scale its Olympian heights. *Muscle* is a journey through a land of giants, men for whom life is given meaning by the pursuit of the perfect pec and who worship at the shrine of Schwartzenegger.

Jon Hotten has a 40-inch chest and 12-inch arms. Undaunted, he fights his unpromising genetics to hitch up with the bodybuilding circus, hanging out with the stars and legends, the casualties, gym rats and iron junkies. As his forbidding subjects open up, he discovers a story of unregulated excess, chemical mayhem and hard-won glory, a story for anyone who's ever looked in the mirror and wanted *more*...

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