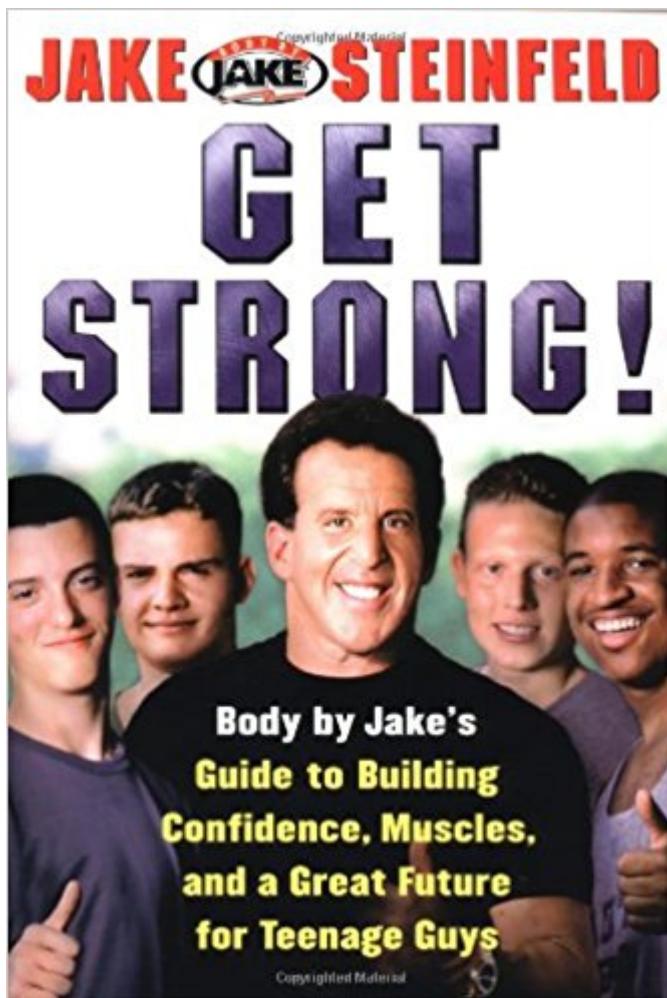


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# Get Strong!: Body By Jake's Guide To Building Confidence, Muscles, And A Great Future For Teenage Guys



## Synopsis

"I want you to spill your guts -- dreams and fears, successes and failures -- before you spill them on the training floor. You probably have many questions about how to better your body, your mind, and your future; so if you're ready to listen, I have the answers!" -- From the introduction to "Get Strong!" Now is the time to become the guy that you have always wanted to be! "Get Strong!" is the first guide to not only getting in shape, but also getting your life in gear. Fitness motivator Jake Steinfeld, better known to the world as "Body by Jake," helps you learn the basic steps to a more confident, more powerful, and healthier life. From bicep curls to life evaluations, Jake takes a whole new look at how to make it through your teenage years, and not just as another peg on the totem pole, but as the Big Man on Campus. Chock-full of real-life tales from Jake's own youth and descriptions and illustrations of exercises to get yourself in shape, "Get Strong!" is the plan you need to become strong and confident. So get off your buttissimo and get down to business, because as Jake says, "I want you to build the most impressive physique that you thought possible with this book, but I also want you to build an impressive future." By following the steps outlined in "Get Strong!," you will achieve just that. A portion of the proceeds of "Get Strong!" will go to the Don't Quit! Foundation.

## Book Information

Paperback: 154 pages

Publisher: Fireside (January 1, 2002)

Language: English

ISBN-10: 0743224779

ISBN-13: 978-0743224772

Product Dimensions: 9.3 x 6.1 x 0.5 inches

Shipping Weight: 10.7 ounces

Average Customer Review: 4.0 out of 5 stars 10 customer reviews

Best Sellers Rank: #759,920 in Books (See Top 100 in Books) #17 in Books > Teens > Personal Health > Fitness & Exercise #161 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #183 in Books > Teens > Social Issues > Self-Esteem & Self-Reliance

## Customer Reviews

Fitness motivator Jake Steinfeld, the man behind Body by Jake, wants to pump you up. In his superpositive guide, Jake supplies readers with the tools for success in life, asking them to provide the effort and the commitment. Before he even describes the first physical exercise, this relentlessly

upbeat trainer urges his new trainees to do some serious mental workouts. Readers are asked to stand in front of a mirror and evaluate how they see themselves, physically and mentally. Throughout, Jake includes dozens of stories of guys--including himself--who sat around on their "butjisimos" until they started setting goals for themselves. Don't worry, it's not all "rapadoo" (motivational speak). The center chapter describes in detail the Get Strong Workout, complete with warmup stretches; power, stamina, and strength training; and daily exercises for abs, shoulders, triceps, back, etc. For guys who can't abide the gentler Chicken Soup for the Teenage Soul approach to self-help, Body by Jake provides a tough (but caring), masculine (dare we say macho?) alternative. There's good information about diet, steroid use, leadership, and mental health, in addition to the strength- and confidence-building rapadoo. (Ages 13 and older) --Emilie Coulter

Jake Steinfeld is best known as the man behind Body by Jake. He created the industry of Personal Fitness Training and built Body by Jake into a house-hold icon, symbolic of strength, motivation, and ideal physical stature. Jake created the world's first 24-hour fitness television network and also starred in his own sitcom, Big Brother Jake. He is the founder of the nonprofit Don't Quit! Foundation and of Major League Lacrosse.

Read this book and i was very impressed on how it was written. I would recommend this to any parent to buy for their child or a friend that needs inspiration. Or for any one child or adult for themselves to look into themselves to gain self confidence and get motivated.

After initial concerns about whether my son (16) would actually read it, I was pleasantly surprised that he has almost finished it. One of the few books he's ever read without putting it down! Very helpful - I might read it myself!

Here's the deal: you can let life be something that happens to you, or you can take control of your own destiny, starting with your head and moving onto your body. Nobody has a better plan for that than Jake Steinfeld. The guy is a phenomenon, and in this book, you learn that he started out as a pudgy guy who had trouble speaking and had the self-confidence of a beaten puppy. I've got 3 sons who think Jake is tops -- not just because he's a monster physically, but because he's created a great life for himself and his family, pretty much from scratch. It all started for him as a teenager, and this book is more than his life story: it's a step-by-step way of thinking about what you want, and then methodically making it happen. It's got great ways to make muscles and gain the flexibility to

use them, but it's a whole lot more. And it's a book that's clearly written from Jake's heart, and in his own unique style - straight to the point, as clear as can be, and often funny as all get out. My kids love this book, and you will too! A book that proves that now's the time to "Get Strong".

My son and I were lucky enough to get an advance copy of this book. For years I have seen my son's attitude and self esteem go down the drain. Nothing but video games, the computer and pizza and sodas. It never occurred to me that his physical fitness (or lack of it) had so much effect on his life (and confidence). We made a deal that he would give this book a try. I really didn't expect much, but in a few short weeks, I saw his whole life change. He rushes in from school and heads for his weights and his workout. I think he finally feels that he has some control over something in his life. I feel that this is a much more productive way for him to spend his afternoons. He has more confidence, more interest in life and he is even starting to get better grades. I highly recommend this book to other parents who don't want to stand by and do nothing while their sons wallow around trying to find themselves. Thanks Jake!

What an incredible book! I was lucky enough to receive an advance copy which I sent to my teenage brother. He is a great kid who gets good grades, has nice friends, and stays out of trouble - but he lacked confidence and an understanding that he is in control of his own life. Basically he was living a "typical" teenage life, I hoped this book would challenge him to strive to be "exceptional". It did just that!!! When my phone rang 2 weeks after I had sent the book, I barely recognized my brother's voice. He was so excited and talking 100 mph thanking me for the book, telling me about the goals he had set, and those he had already achieved! In a very short time he had seen the results of setting a goal, working for it, and seeing it happen... he is a new guy!!! He works out every day, and has set goals for his level of fitness, his grades, and even has a goal of who he plans to take to PROM! His confidence has grown and he has a "can do" attitude he never had before. Thanks Jake!

Last week I saw Jake at Barnes and Noble. He was standing in front of a crowd talking about this book. I wasn't at all interested, him and I have nothing in common. I like hanging with my friends and playing with my Play Station II, he talks about exercise which is something I definitely didn't care about. I could hear him in the next aisle, and the more I heard, the more I listened. This time he was talking about something I could relate to, being a fat kid, not being popular, being invisible. I slowly started to walk over. He was talking about Get

Strong. Finally it clicked. My brother has been an athlete all his life — the exact opposite of me. I always wondered why he got the good grades, the girls and had tons of friends. Jake said that all guys needed was a little physical fitness to get confident. I thought about it all the way home and asked my mom to get the book. I expected my brother to give me a hard time about it, but he thought it was cool. I have read the whole book twice and have begun exercising. My brother is a terrific coach and my family is really proud of me. I've only had the book a little over a week and it has changed my life. For one thing, I didn't know that I was so strong. I plan on following this program until I am where I want to be — and Ashley Martin starts to notice me. I will keep you posted.

This book is exactly what I was looking for-- a workout routine designed for young athletes. I had always been involved in weight training, but routines adults used would not work for me, even if I modified them. This book was perfect in that it gave a workout that hit power and endurance. If you want a routine that will work and hit all necessary points, this is your book.P.S. If they had a four and a half star rating, I would have chosen that because more attention could have been paid to nutrition.

This is the best book about fitness for teenage boys out on the market. I have experienced great results through it. It is an excellent book for building physically and mentally fit bodies. I recommend it to anyone who would like to take full advantage of life.

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