



## Better Than Steroids

*By Warren Willey*

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Better Than Steroids is the secret to a bodybuilder's physique! Loaded with the exceptionally confidential information of successful bodybuilding, this book is a MUST for anyone wanting to look good!

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### Editorial Review

#### About the Author

Dr. Warren Willey is the Medical Director of The Fitness Medicine Clinic, a full-service preventative medical organization helping people to obtain optimal health and fitness through elite nutritional programs, diet strategies, and exercise programs. He is a Board Certified Osteopathic Physician, and completed his postgraduate training at The Mayo Clinic. He is a founding diplomat of the American Board of Holistic medicine and a diplomat with The American Board of Family Practice. He is an active bodybuilder and has designed a number of exercise modalities. Dr. Willey is an established author having written a medical textbook and *What Does Your Doctor Look Like Naked? Your Guide To Optimum Health*, released in 2003. This book has helped thousands of people lose weight and obtain and then maintain optimal health. He also writes for a number periodicals. He has 20+ years experience with exercise development, personal training and nutritional intervention.

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