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Sept 2010.

Re. "**Built for Strength**" by Doug Briggs.

Hi Doug,

Thanks for your very friendly letter and generosity in sending me the book. As you can guess I get to see a lot of books, eg. Just had one from *Tommy Kono*.and have written a few myself, so know just how hard you and your team must have worked for what has turned out to a superb product. WOW. I loved it. Your brilliance in training both sexes and younger lifters means you have a triple market, rather than just catering for the "ripped muscle wanna be guy".

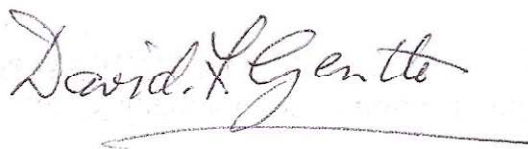
The fascinating quizzes and the sheer genius of the hilarious cartoons really added value to the book.

Doug, your book is a rarity, not just fun to read, but very, very, educational without the bull shit....whoops, hype so usual with modern muscle manuals. We were also spared steroid freaks with their ugly vascularity. Well done "my old china" (cockney slang for china plate, ie. mate), and I hope it sells like the proverbial "hot cakes", which it will as soon as anyone gets to take a look at such detail, designed to provide the maximum of results without making the usual beginners mistakes, e.g. overtraining. The book is like having a personal trainer, but far more value, because one can return to it over and over for more information and guidance. The information on diet and nutrition analysis of the various diet fads is worth the price of the book alone. Well done Doug and good luck also to the fine looking gang who helped illustrate the volume.

David Gentle. Features editor of Health and Strength the oldest continuous bodybuilding magazine in the world, published since 1898. web site. [www.davidgentle.com](http://www.davidgentle.com)

Doug, on a private note, I too have just lost my mother,( 4 weeks ago) she was 95 and was my first training buddy, handing me in the weights for bench presses when I began training aged 11 years old.( back in 1944) I guess we have both lost our best friend.

Feel free to use my remarks when and wherever you wish. D.G.

A handwritten signature in cursive script that reads "David Gentle". The signature is written in dark ink and is underlined with a single horizontal stroke.