



Vince Anello, My Life on and off the platform

Vince Anello, Dave Yarnell

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Vince Anello's powerlifting & bodybuilding career, as covered in the major strength publications, his methods of training both the mind and body, the thoughts and comments of his friends, fans & training partners and his life outside the strength arena. If you follow powerlifting and/or are a Vince Anello fan, this is a "must-read"

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