



Arnold Schwarzenegger - 50 Life and Business Lessons from Arnold Schwarzenegger

George Ilian

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Do you want to know why Arnold Schwarzenegger, is one of the most successful people of our time?

This book offers an introduction to Arnold Schwarzenegger, his success in all his different careers and the lessons that we can learn from him. It is not a text book nor a biography, but more of a cheat sheet for reading on the bus or in the bathroom, so that you can pick out the most significant points without having to carry around a bag of weighty tomes. You can read it all in one sitting, or look up specific case studies as and when you are looking for inspiration or direction. The **50** lessons outlined here are drawn from interviews Arnold Schwarzenegger has given, from the numerous blogs and books written about him, and, most importantly, from the successes and failures on his road from Mr Olympia to the Governor of California.

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