



# How to Mold a Mighty Chest: (Original Version, Restored)

*George F Jowett*

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## **How to Mold a Mighty Chest: (Original Version, Restored)** George F Jowett

"Chest building is like house building. A few days will stick up a flashy looking bun- galow but wet days and cold days find it as perforated with weak spots as a sieve. Then comes along a husky wind and it becomes a wreck. Watch the erection of a skyscraper. For days, weeks, months, all you see is an ugly skeleton and you hear people remark, "There is nothing to see," but watch the engineer, follow him through his painstaking duties, see the patience and care he devoted to the erection of the inside work which in the end is smeared over with a veneer of brickwork that the world terms "gorgeous." But the engineer is not so impressed. He knows what is behind it all. He knows the difference between the in- side and the outside. So do you." -George F. Jowett This is a restored and re-formatted edition of Jowetts's original 1938 booklet. The text remains exactly as written in 1938. A must have in your collection. Visit our website and see our many books at PhysicalCultureBooks.com

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