

**Mr. America: How Muscular Millionaire Bernarr Macfadden  
Transformed The Nation Through Sex, Salad, And The  
Ultimate Starvation Diet**

**By Mark Adams**

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nation through sex, salad, and the ultimate Muscular Millionaire Bernarr Macfadden Transformed the Nation Through Sex, Salad, and the Ultimate Starvation Diet

Come One, Come All To the Bronx! On March 22, I ll be giving a talk about Mr. America: How Muscular Millionaire Bernarr Macfadden Transformed the Nation Through

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Mar 21, 2009 Mark Adams is the author of Mr. America: How Muscular Millionaire Bernarr Macfadden Transformed the Nation Through Sex, Salad,

Jun 04, 2010 Mr. America: How Muscular Millionaire Bernarr Macfadden Transformed the Nation Through Sex, and the Ultimate Starvation Diet. It was written by Mark Adams.

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