

# Bigger leaner stronger michael matthews

## book books

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**How many editions of bigger leaner stronger are there?** Bigger Leaner Stronger has sold over 600,000 copies in 16 different languages and is regularly revised based on the latest findings in nutrition and exercise research (four editions released and counting!).

**What is the difference between bigger leaner stronger and thinner leaner stronger?** Bigger Leaner Stronger is for men, while Thinner Leaner Stronger is for women. That said, both programs have a lot in common. The main difference is that Thinner Leaner Stronger emphasizes lower body training over upper body training since most women prefer this.

**How many editions of the big book are there?** April 10, 1939 (1st ed.) 1955 (2nd ed.) 1976 (3rd ed.) 2001 (4th ed.)

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