



# Evolution: The Cutting-Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted

By Joe Manganiello

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Joe Manganiello first gained recognition around the world for his incredible, sculpted body while winning both popular and critical praise as the star of HBO's *True Blood*. Now, from the man that *Magic Mike* director Steven Soderbergh called “walking CGI,” comes the cutting-edge guide to achieving the perfect body and therefore enhancing your overall quality of life.

With a build that men envy and women adore, Joe Manganiello is more than qualified to write the end-all guide to sculpting the perfect body. His fit physique catapulted him to the top of the list of Hollywood’s most desired male actors following his memorable performances in HBO’s hit show *True Blood* and in the 2012 film *Magic Mike*—and he will expand on that role in this summer’s highly anticipated *Magic Mike XXL*. In *Evolution*, Manganiello shares his lifetime of experience and research in terms of diet, cardio, and anatomy to bring you the only fitness book you’ll ever need in order to look and feel your best.

Throughout the book are black-and-white photographs and Manganiello’s step-by-step workout routine that combines weights, intense cardio, and a high protein diet.

With a lifetime of athletic achievement behind him, Manganiello was named one of *Men’s Health*’s 100 Fittest Men of All Time alongside Arnold Schwarzenegger, Michael Jordan, Bo Jackson, Michael Phelps, Carl Lewis, and others. His *Men’s Fitness* and *Men’s Health* covers consistently rank among the top selling around the globe. In 2014, *People* magazine named him the Hottest Bachelor Alive, and he is one of the few actors to have ever graced the cover of the #1 selling body building magazine in the US, *Muscle & Fitness*, not once but twice (with a third on the way).

“A comprehensive yet straightforward and effective roadmap to better health and fitness” (Shawn Perine, editor in chief of *Muscle & Fitness*), *Evolution* reveals exactly how to get the body of one of Hollywood’s hottest stars—promising to turn any Average Joe into a Joe Manganiello!

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### Editorial Review

#### Review

“A comprehensive, yet straightforward and effective roadmap to better health and fitness, not to mention a killer physique—the kind that may just have people wondering if you’re not a fitness expert yourself. After reading *Evolution*, you will be.” (Shawn Perine *editor-in-chief of Muscle & Fitness*)

#### About the Author

Joe Manganiello holds a BFA in acting from The Carnegie Mellon School of Drama. He won critical and popular praise for his role as werewolf Alcide Herveaux on HBO’s hit series *True Blood*. Joe has appeared in films such as *Magic Mike* and *What to Expect When You’re Expecting*, and played Flash Thompson in the Spiderman film series. He went toe-to-toe with his childhood hero and *Evolution* foreword author Arnold Schwarzenegger in David Ayer’s film *Sabotage*. He can be seen in the highly anticipated *Magic Mike XXL* and starring in Ryan Murphy's *Scream Queens* on FOX.

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Evolution



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