



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

From Joe Manganiello (*True Blood*, *Magic Mike*), known as well for his amazing physique as his diverse career in acting, comes the cutting edge guide for achieving the perfect body.

In addition to winning both popular and critical praise as the star of *True Blood* and *Magic Mike*, Joe Manganiello has become known around the world for his incredible physique. Now, from the man that director Steven Soderbergh called “walking CGI,” comes the cutting edge guide to achieving the perfect body and raising your overall quality of life.

In 2012 he was named one of *Men's Health's* 100 Fittest Men of All Time alongside such names as Arnold Schwarzenegger, Michael Jordan, Bo Jackson, Michael Phelps, Carl Lewis, etc. His *Men's Health* covers continue to rank among the top selling around the globe and last year he was ranked their #1 Beach Body in the World. In 2011, *Men's Fitness* magazine named him one of their 25 Fittest Guys of the Year and he is one of the few actors to have ever graced the cover of the US's #1 selling body building magazine, *Muscle & Fitness*. 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.

With a build that men envy and women adore—as well as a leading role on television's hottest show and a lifetime of athletic achievement—Manganiello is more than qualified to write the end-all guide to sculpting the perfect body. His memorable performance in the 2012 film *Magic Mike* catapulted him and his fine, firm physique to the top of the list of Hollywood's most desired male actors—and scores of fans either want to look like him, or just look *at* him. 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. This book 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 day after working out with Joe Manganiello feels like the morning after going twelve rounds with Tyson. This is Hollywood's hardest workout." (Dan Jones *editor-at-large for Men's Health UK*)

"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*)

"I'm pretty sure that Joe Manganiello's picture is next to the definition of fitness in the Webster's dictionary. You'll be inspired." (Channing Tatum *People's 2012 Sexiest Man Alive*)

"It's incredible what kind of shape he's in, the joke on the set was he was walking CGI." (Steven Soderbergh *director of Magic Mike*)

"Joe and I have a mutual understanding of hard work and dedication and what it takes for those two aspects to pay off for you if you 'buy in' to the process. Joe has been a positive force in my life! Turn-up!" (Mercedes Lewis *All-Pro NFL tight end for the Jacksonville Jaguars*)

"This book will give you real results. I was able to put on 10 pounds of muscle in one month. Listen to this Joe—he won't let you down!" (Matt Bomer *star of USA's White Collar*)

"If you want to know whether or not Joe Manganiello understands the mechanics of health and fitness, JUST LOOK AT HIM. Okay, stop staring. Now you're being creepy." (Chris Hardwick *host of AMC's Talking Dead and BBC America's The Nerdist*)

"Joe's book is a must have for anyone that likes getting laid!" (Max Martini *star of Warner Bros. Picture's Pacific Rim*)

#### 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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