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Russian Bear, Journey to Mr. America

https://www.amazon.com/Russian-Bear-Journey-Mr-America/dp/0578076020/ref=sr_1_1?s=books&ie=UTF8&qid=1384984288&sr=1-1&keywords=val+vasilef

This light hearted and easy to read story chronicles the life of Val Vasilef - world class athlete, entrepreneur, entertainer, celebrity and winner of over 80 physique, power and weightlifting awards including Mr. America. This tale picks up with Val at the age of 8 and reads like a modern day 'super-hero' success story.

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