



# How to Mold a Mighty Back: (Original Version, Restored)

*George F Jowett*

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## **How to Mold a Mighty Back: (Original Version, Restored)** George F Jowett

"There is something about a broad back that immediately arrests the attention of every eye. It seems to proclaim so expressively the radiant health and great strength the owner must enjoy. A man may have good arms, chest and legs, but his clothes rob others of the opportunity to appreciate the development of those parts of his body. Not so the shoulders, they loom before the sight of all, displaying their splendid back formation, or undeveloped ugliness, as the case may be. Naturally, we recognize the importance of a brawny back, so much so that we frequently employ it in our daily vocabulary in such expressions as 'Put your back to the wheel,' 'Shoulder your way through to success,' and 'Man, but he has backbone,' and these expressions in each case are singularly true." -George F. Jowett This is a restored and re-formatted edition of Jowett's original 1938 booklet. The text remains exactly as written in 1938. A must have in your collection. Visit our website and see our many books at [PhysicalCultureBooks.com](http://PhysicalCultureBooks.com)

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