

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 on past struggles with addiction:

Jul 1, 2015 Even though Joe Manganiello hasn't touched alcohol for over a decade, for him, the struggle never really ends. book, which will read more personal than his hilariously long-titled first work, "Evolution: The Cutting Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted.

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