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Blair whitmarsh (author of mind & muscle)

Blair Whitmarsh is the author of Mind & Muscle (3.33 avg rating, 3 ratings, 0 reviews, published 2001)

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Blair Whitmarsh holds a PhD in Sport Psychology from the University of Alberta and is a professional member of He has authored a book called Mind and Muscle

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Last book read not for class? Mind & Muscle (a bodybuilding book) by Blair Whitmarsh. Favorite song? "Ba'anu Choshech Legareh" by Subliminal (a Hebrew rap group)

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