



Celluloid Steroid: The Hollywood Guide to Performance-Enhancing Drugs

Stefan Morawietz

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There is a form of using performance-enhancing drugs (PEDs) that seems to escape most casual observers, although it takes place literally right before every one's eyes. PEDs are normally mentioned in connection with pro athletes or hardcore bodybuilders, but have you ever wondered how a famous movie star who has always been more on the skinny or the chubby side manages to turn into a muscle-bound hunk almost overnight? While authorities make life difficult for the average gym rat, celebrities in the film- and entertainment industry seem to have a carte blanche to use illegal substances in order to bulk up for their next superhero flick. Only recently, the noose has begun to slowly tighten around a growing number of VIP necks, too. In this in-depth report an insider for the first time comprehensively elaborates how widespread yet hushed up the usage of performance-enhancing drugs is in today's action film industry. Scrutinizing the matter from various angles, this book comments on affected movie actors and their notorious personal trainers and explains the most common PED regimens employed by people who make a living out of looking kick-ass.

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