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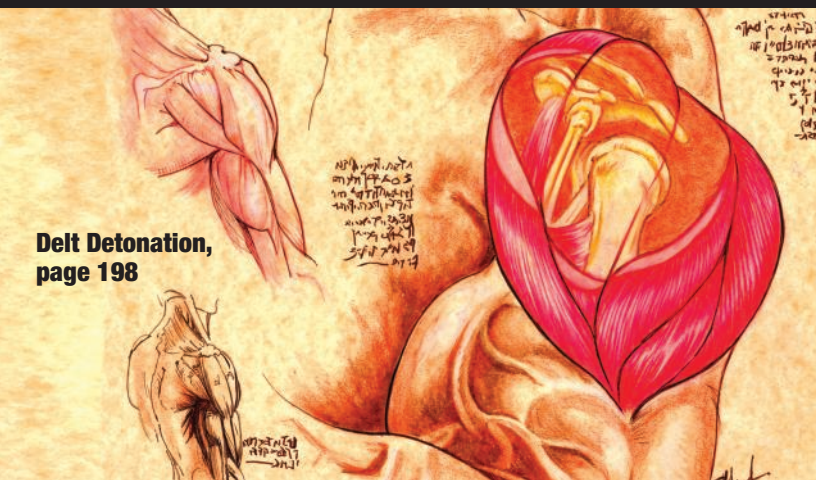
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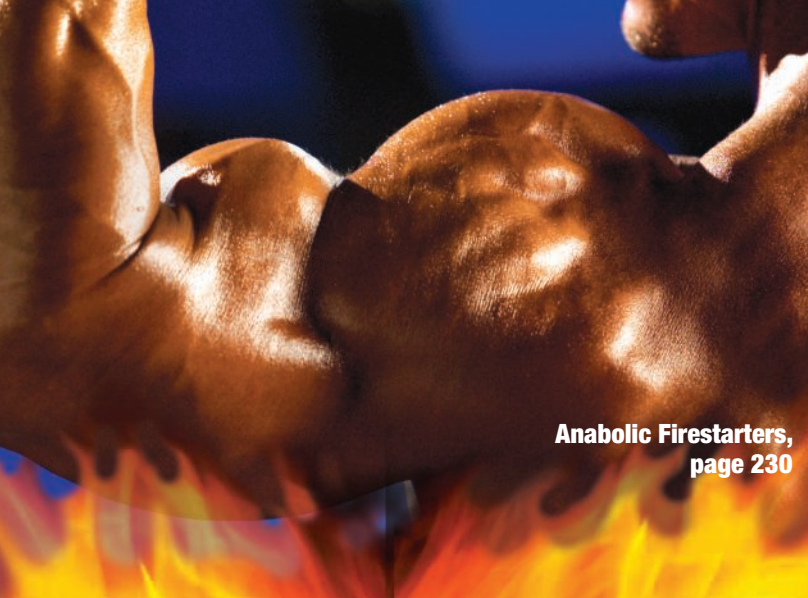
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### **WEB ALERT!**

For the latest happenings from the world of bodybuilding and fitness, set your browser for [www.IronManMagazine.com](http://www.IronManMagazine.com) and [www.GraphicMuscle.com](http://www.GraphicMuscle.com).

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Jenny is worth every penny—Timea too. But Great Scott didn't get a shot.

#### **In the next IRON MAN**

Next month we'll have an in-depth look at stretch overload that will change the way you train forever—if you want to get huge! Contraction is great, but progressive-resistance stretch may be the real key to growth. We'll present part 2 of the lost Mike Mentzer interview, in which he discusses his body's response to steroids and the 45-minute training program he used to become Mr. America. We'll also switch on the recorder with Flex Wheeler, who has some eye-opening views on bodybuilding and the too-huge crew. Watch for the mind-bending May **IRON MAN** on newsstands the first week of April.

# Big Dreams

Dreams, in the sense of visualizing the future, are as personal and unique as the dreams we experience while we sleep. Everything starts with the dream. Whether it's a home at the beach, the physique you aspire to or anything else, it all starts with a dream. I love the quote from computer scientist Alan Kay that Ferrari has been using in its ads: "The best way to predict the future is to invent it." Only a few words but they have life-changing power.

I just reread a book I first came across in the late 1960s, *The Magic of Thinking Big*. Don't be put off by the hokey title. Life's accomplishments—be they family-, business- or bodybuilding-related—are all about being able to see yourself as you want to become rather than the way you are. As a testament to the book's power and truth, it has been in print for more than 40 years. Buy it, read it, and then reread it. It will be time well spent.

When James Cameron won the Academy Award for Best Picture for "Titanic" in 1997, the presenter—I believe it was Kathy Bates—asked him in wonderment, "Who gave you permission to create a project of such impossible proportions?" Cameron's simple but profound answer was that *he* gave himself the permission. The fact is, we all give ourselves permission to become who we are and what we do. It is the irrevocable law of accountability.

In January my daughter, Lilli, and I had the honor of attending Arnold Schwarzenegger's second inauguration. His vision for the state of California, as projected in his inaugural speech, was a masterful example of thinking big. (You can hear the speech at [IronManMagazine.com](http://IronManMagazine.com).) I was struck by the elegance and power of his vision and got to thinking about the way his vision propelled him from Graz, Austria, to the center of the bodybuilding stage and beyond to become one of the most recognized celebrities in the world. None of that happened by accident. Now he has moved to the world stage in politics as the leader of the world's sixth largest economy. He calls California a "nation state."

It was interesting the way people reacted to Arnold's vision. On the radio the next day three Sacramento pundits were commenting on his speech, and two of them did what negative people always do—they started to go through the litany of why Arnold's ideas were riddled with obstacles and why the speech was overly optimistic. The third person observed that while the speech might have been very optimistic, he believed that anything Arnold puts his mind to, Arnold *believes* he can do. As Arnold used to joke in the gym many years ago, "It's mind over matter—if you don't have the mind, nothing matters." Arnold has had a lifetime of impossible dreams that he made possible because he never gives up until the impossible has been obtained.

There is only one Arnold, but the same rules apply to all of our dreams. **IM**



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