

On a particular day , I was threatened
I was left shivering and scared.

I was with my girlfriend at the beach on a Sunday afternoon lying on a mattress right under an umbrella under the hot sun.

Then a man recklessly ran past us leaving us covered with sand .
I waited for a few seconds for him to apologise but he didn't apologise , I then stood up to confront him on the current incident. The words he told me which left me shivering and scared were ;" get out of my sight before I punch you and make you blow away like a feather".

Anytime I remembered or relived that moment,I felt frustrated, embarrassed and uneasy,because I couldn't be a real man when it was needed. I then decided to share my problem with a friend who gave me just what I needed to change my life and become a real and stronger man.

All I used was a book that was written by Charles Atlas.The book provides the details of the strategy he used to become the world's most developed man.

[Click the link below to get a copy of the book and begin your transformation now.](#)