

References:

- thegymcville@gmail.com
- 434-996-0369
- Instagram [TheGymCharlottesville](#)
- Website: <http://thegymcville.com/>

People:

[Chris Mason of At Large Nutrition](#)

[Henry Rollins](#)

Websites:

[Westside barbell](#)

Books:

[Tribe of Mentors - Tim Ferris](#)

Quotes:

“Find Your Bliss” - [Joseph Campbell](#)

“Bliss is the highest peak of what brings you joy. If happiness is just above the status quo, bliss is what makes you feel most alive. Expect it will take courage to follow your bliss, and expect it will suck at times. Expect it will take courage to follow your bliss, and expect it will suck at times. Expect you’re going to have to take risks for it. Expect others won’t necessarily understand. And also expect that what gives you bliss today may not be what does tomorrow. Just follow it all over again.” - [Kyle Maynard](#) in Tribe of Mentors

“The iron never lies to you. You can walk outside and listen to all kinds of talk, get told that you’re a god or a total bastard. The iron will always kick you the real deal. Friends may come and go. But two hundred pounds is always two hundred pounds.” - Henry Rollins