



Mr. America: How Muscular Millionaire Bernarr Macfadden Transformed the Nation Through Sex, Salad, and the Ultimate Starvation Diet

Mark Adams

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“A remarkable story. . . . It is to Mark Adams’s great credit that, in *Mr. America*, he has rescued from obscurity a man whose influence is still felt in this country more than a century after he muscled his way onto the national scene.” —*Wall Street Journal*

“Hilarious. . . . Delightful. . . . If Macfadden hadn’t existed, we would have had to invent him.”
—*Washington Post*

Mr. America is the fascinating true story of Bernarr Macfadden, a self-made millionaire and founding father of bodybuilding, alternative medicine, and tabloid culture. Madfadden’s impact on popular American culture is everywhere, from yoga to raw food diets to US Weekly, and *Mr. America* vividly brings to life this charismatic and intriguing character.

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