



Body Love: The Amazing Career of Bernarr Macfadden

William R. Hunt

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Bernarr Macfadden (1868–1955) entertained and instructed Americans for decades. He championed physical exercise, fasting, and diet reform and was the relentless scourge of established doctors. He presented his views in *Physical Culture*, a popular magazine featuring photographs of strong men and healthy women and articles promoting the healthy life. While some critics derided him as a health nut, no one could dispute his genius as a magazine publisher. He established the world's greatest magazine publishing empire through the innovation of such popular publications as *True Story*, the first confession magazine; *True Detective*; and many others.

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