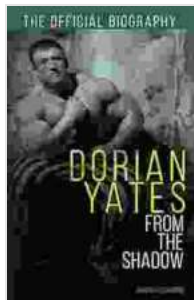


Dorian Yates: From the Shadow - The Official Biography



Dorian Yates: From the Shadow: Official Biography

by Johanne Hamel

★★★★☆ 4.6 out of 5

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By Rob Riches

Dorian Yates is one of the greatest bodybuilders of all time. He won the Mr. Olympia title six times, from 1992 to 1997, and is widely considered to be one of the most muscular and well-conditioned bodybuilders ever.

Yates's official biography, *From the Shadow*, is a fascinating and inspiring account of his life and career. The book traces his journey from a shy and insecure teenager to one of the most successful and respected bodybuilders in the world.

Along the way, Yates overcame numerous obstacles, including a serious back injury that nearly ended his career. But through hard work and

determination, he was able to achieve his dreams and become one of the greatest bodybuilders of all time.

From the Shadow is more than just a biography of a bodybuilder. It is also a story of overcoming adversity, setting goals, and achieving success. Yates's story is an inspiration to anyone who has ever dreamed of achieving great things.

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Dorian Yates was born in Birmingham, England, in 1962. He began lifting weights as a teenager, and quickly developed a passion for bodybuilding. In 1984, he won the British National Championships, and in 1990, he won the Mr. Olympia title for the first time.

Yates's victory at the Mr. Olympia was a major upset. He was not considered to be one of the favorites, but he shocked the world with his incredible physique and conditioning. Yates's victory marked the beginning of a new era in bodybuilding, as he became the first bodybuilder to win the Mr. Olympia title with a focus on size and muscularity rather than aesthetics.

Early Life and Career

Yates was born into a working-class family in Birmingham, England. He was a shy and insecure child, and he often felt like an outsider. He found solace in bodybuilding, which gave him a sense of purpose and direction.

Yates began lifting weights at the age of 15. He quickly developed a passion for bodybuilding, and he spent hours each day training in the gym. Yates's hard work paid off, and he soon began to make progress. In 1984, he won the British National Championships, and in 1990, he won the Mr. Olympia title for the first time.

Yates's victory at the Mr. Olympia was a major upset. He was not considered to be one of the favorites, but he shocked the world with his incredible physique and conditioning. Yates's victory marked the beginning of a new era in bodybuilding, as he became the first bodybuilder to win the Mr. Olympia title with a focus on size and muscularity rather than aesthetics.

The Mr. Olympia Years

Yates went on to win the Mr. Olympia title six times, from 1992 to 1997. He is one of only three bodybuilders to win the title more than five times, and he is considered to be one of the greatest bodybuilders of all time.

Yates's success at the Mr. Olympia was due to his hard work, dedication, and focus. He spent hours each day training in the gym, and he always pushed himself to the limit. Yates also had a very strict diet, and he was always careful to get enough rest.

Yates's victories at the Mr. Olympia were not without controversy. He was often criticized for his use of steroids, and he was also accused of being

arrogant and disrespectful. However, Yates has always defended his use of steroids, and he has said that he believes that they are necessary to achieve the level of success that he has achieved.

Retirement and Legacy

Yates retired from bodybuilding in 1997. He has since opened a gym in Birmingham, England, and he continues to train and compete in powerlifting. Yates is still considered to be one of the greatest bodybuilders of all time, and his legacy will continue to inspire bodybuilders for years to come.

Dorian Yates is a true bodybuilding legend. He is one of the most successful and respected bodybuilders of all time, and his story is an inspiration to anyone who has ever dreamed of achieving great things.

From the Shadow is a fascinating and inspiring account of Dorian Yates's life and career. The book is a must-read for anyone who is interested in bodybuilding, fitness, or overcoming adversity.

Free Download your copy of From the Shadow today!

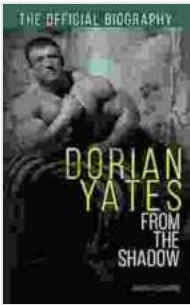
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****Alt tags:****

* Dorian Yates training in the gym * Dorian Yates posing at the Mr. Olympia
* Dorian Yates winning the Mr. Olympia title * Dorian Yates retired from bodybuilding * Dorian Yates today

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