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House & Garden ,2007 *Dumbbells to Diamonds: 33 workouts to mega wealth* Bob Cheek,2022-03-02 Former politician Bob Cheek was sixty five and running a loss making business when he launched a chain of 24 hour gyms Eight years and thirty seven gyms later he sold out for more than 50 million Just how he achieved this remarkable feat without borrowing any money and at an age when most people are well and truly retired is a tale of fate perseverance and tenacity In *Dumbbells to Diamonds* Cheek takes us through his top business workouts and tells how anyone can achieve the same result with luck timing and common sense Shambhala Sun ,2003 **Financial Mail** ,2007-08 **U.S. News & World Report** ,1997 **English Mechanic and World of Science** ,1892 **Building Supply News and Home Appliances** ,1941 Vols for 1979 include annual buyers guide **Space for Dance** Leslie Armstrong,Roger Morgan,National Endowment for the Arts. Design Arts Program,National Endowment for the Arts. Dance Program,1984 **The Book of 20-minute Workouts**

,2006 **Vermont Magazine** ,2004 **Resurgence** ,2003

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