

## Happy Birthday To Us!

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One year ago there was simply a vision attached to a concept. 12 months later, what was concept has become an overwhelming reality! A reality made possible by thousands of individuals around the world including you reading this right now.

Never did I realize that there were so many incredible people in the world who would stop at literally nothing for the cause of improvement in all areas of their lives. Yes, if there was one word I had to use to describe what I have seen this year it would undoubtedly have to be amazing! Not only in the ability I've seen in so many to endure and discipline themselves for the greater good, but the incredible generosity I have witnessed as well. The unselfish giving of knowledge and recourses in our forums has blown me away! Each athlete not only striving to better themselves but to better the person next to them. There are some philosophers who would have said this to be impossible, and you have shown it to be a reality!

That being said, I would like to thank each of you for several years worth of memories in only one years worth of time! We have established this site, its direction and its tremendous future! That's right, as great as this year has been I am confident to say that you ain't seen nothin yet( As I have stated countless times, the concepts we have for this site's future are absolutely mind boggling) ! Not only will we continue to grow, but we will do so until every single aspect of the human body has been covered in elite detail. And considering that the human body contains an endless reservoir of information we will just have to keep growing forever!

Thank you very much!

Sincerely

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