



# **The Body Shop: Parties, Pills, and Pumping Iron -- Or, My Life in the Age of Muscle**

*Paul Solotaroff*

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As a scrawny college freshman in the mid-1970s, just before Arnold Schwarzenegger became a hero to boys everywhere and *Pumping Iron* became a cult hit, Paul Solotaroff discovered weights and steroids. In a matter of months, he grew from a dorky beanpole into a hulking behemoth, showing off his rock hard muscles first on the streets of New York City and then alongside his colorful gym-rat friends in strip clubs and in the homes of the gotham elite. It was a swinging time, when "Would you like to dance?" turned into "Your place or mine?" and the guys with the muscles had all the ladies--until their bodies, like Solotaroff's, completely shut down.

But this isn't the gloom-and-doom addiction one might expect--Solotaroff looks back at even his lowest points with a wicked sense of humor, and he sends up the disco era and its excess with all the kaleidoscopic detail of *Boogie Nights* or *Saturday Night Fever*.

Written with candor and sarcasm, THE BODY SHOP is a memoir with all the elements of great fiction and dazzlingly displays Paul Solotaroff's celebrated writing talent.

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