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I can say I was a little disappointed with this book. There seemed to be numerous misleading facts (pg. 101, Darden claims there's 15 grams of protein in an egg

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"That's the dirty little secret of most popular diet plans," says exercise researcher Ellington Darden, days for your muscles as a 30 pounds in 30 days.

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I've read Ellington Darden's "Bigger Muscles in 42 Days", which I didn't really care for for a few reasons including starting off with two weeks of a 6 day per week

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A 28-Day Crash Course for Getting Huge by Ellington Darden, by Ellington Darden, Chris Lund Bigger Muscles in 42 Days.