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The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend.

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Iron and the Soul “ By Henry Rollins. I believe that the definition of definition is reinvention. To not be like your parents. To not be like your friends. To be yourself. Completely. When I was young I had no sense of myself. All I was, was a product of all the fear and humiliation I suffered. Fear of my parents.

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The Iron never lies to you. You can walk outside and listen to all kinds of talk, get told that you’re a god or a total bastard. The Iron will always kick you the real deal. The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend.

### **Iron and the Soul - Henry Rollins - Nerd Fitness**

The Iron & The Soul “ By Henry Rollins This article originally appeared in Details Magazine. I’m including it here to archive it for future reference and because it’s hella inspiring.

### **The Iron And The Soul By Henry Rollins / IMPOSSIBLE**

Iron And The Soul “ By Henry Rollins. By Vishwa on Inspiration. March 21, 2011. I know that you will complain to me that this essay is tedious. Believe me, you will thank me after you have read it. The essay may hardly consume 10 minutes of your time, but it is worth the read.

### **Iron And The Soul â€“ By Henry Rollins. â€“ Ironcult**

The Iron never lies to you. You can walk outside and listen to all kinds of talk, get told that youâ€™re a god or a total bastard. The Iron will always kick you the real deal. The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend.

### **Iron & the Soul | Henry Rollins**

Iron and the Soul â€“ Henry Rollins. Posted on February 28, ... The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend. It never freaks out on me, never runs. Friends may come and go. But two hundred pounds is always two hundred pounds.

### **Iron and the Soul â€“ Henry Rollins | TwoWhiteLights**

Iron and the Soul â€“ By Henry Rollins â€œI believe that the definition of definition is reinvention. To not be like your parents. To not be like your friends. To be yourself. Completely. When I was young I had no sense of myself. All I was, was a product of all the fear and humiliation I suffered. Fear of my parents.

### **"Iron and The Soul" - by Henry Rollins - KARATE by Jesse**

A project I thought would be fun to make, went and filmed the guys during the heaviest week of their Coan-Phillipi deadlift cycle. Featuring most of the minnesota strength and conditioning coaches ...

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