



Mark and Me: Mark McGwire and the Truth Behind Baseball's Worst-Kept Secret

Jay McGwire

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In *Mark and Me*, Jay McGwire provides an inside look at his reclusive older brother, baseball slugger Mark McGwire, and their All-American, sports-loving family, and also offers a detailed entry into the world of steroids. Jay dispels Jose Canseco's steroid tales about Mark, in the process setting the record straight and offering a detailed account of what really happened to Mark; how he got started on steroids, what he used, and the dramatic effect that steroids had on his body and on baseball history.

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