

Scott Hogan

Author of *Built from Broken*,
Founder of SaltWrap

Scott Hogan is a Certified Personal Trainer and Corrective Exercise Specialist, and the founder of SaltWrap (saltwrap.com), a therapeutic sports nutrition company focused on recovery and resilience.

Since the first edition of *Built from Broken* was released in 2021, Scott has helped hundreds of thousands of readers and customers address joint issues, prevent injuries, and rebuild their bodies.

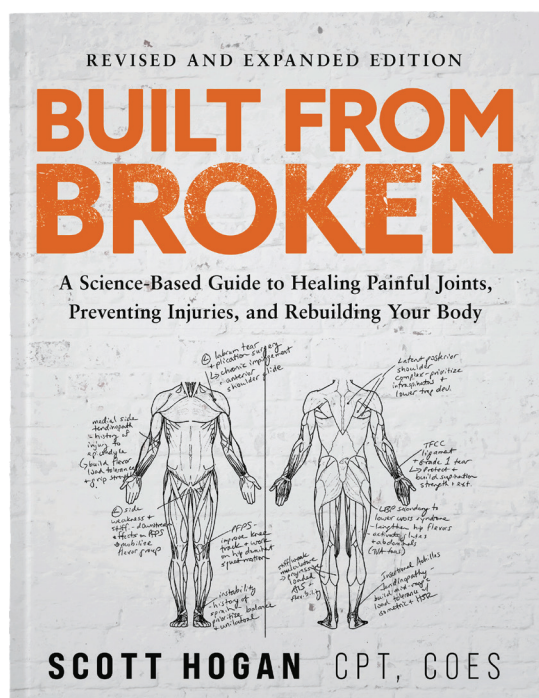


BUILT FROM BROKEN

Revised & Expanded
Edition for **2026**

Published by Authors Equity – In stores nationwide January 2026

The Award-Winning Bestseller



**200,000+
COPIES SOLD**



"Scott's approach bridges science and practice in a way that's clear, grounded, and useful for anyone who wants to move better and stay active."



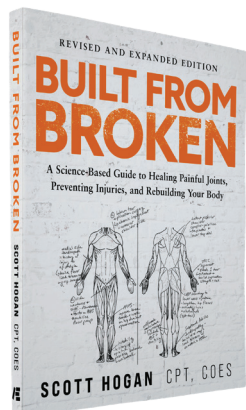
Dr. Jill Cook, PhD
World-Renowned Physiotherapist
and Tendon Research Scientist



About the Book

Built from Broken is the award-winning corrective exercise book from Scott Hogan that shows you the step-by-step process for healing joint pain and rebuilding your body

The Revised & Expanded Edition refines the original system with clearer instructions, upgraded programs, a Foundations phase for beginners, and a complete exercise appendix – making it easier than ever to use as a lifelong reference.



What's New in the Revised & Expanded Edition

- Completely updated programs for smoother, real-world use.
- New **Foundations Program** to rebuild balance, stability, and core strength before the main routines.
- **Exercise Appendix with page references** for every movement (the #1 request from the first edition).
- Clearer guidance on the NRS pain scale, tempo, and exercise naming.
- **Upgraded book design** with a more reader-friendly trim size and lay-flat binding.

Available in print, ebook, and audiobook wherever books are sold.

Bookshop.org®



Chris Burkard, Filmmaker and Explorer
[@chrisburkard](#)

"My go-to and constant companion for joint healing and recovery so I can stay out in the wild longer."



Stipe Miocic, UFC Heavyweight G.O.A.T.
[@stipemiocic](#)

"You know I put my joints through hell every day. And that's why I use SaltWrap. Honestly, my joints feel better than they probably should."



Josh Hingst, Head Strength Coach, Minnesota Vikings

"SaltWrap is a progressive-minded company that is constantly looking to formulate leading products. Some of the best on the market."



Becca GT, Professional Stuntwoman
[@beccaGT](#)

"SaltWrap is the REAL DEAL. I can't say enough incredible things about how my body feels stronger and more resilient than ever. Their commitment to excellence as a company is mind blowing."



Tony Blauer, Founder of KNOW FEAR®
[@tonyblauer](#)

"I've gotten to know the team at SaltWrap and they are legit. I love what they stand for and their commitment to creating products to help athletes."

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