

# **Stronger, Faster, Smarter: A Guide To Your Most Powerful Body By Ryan Ferguson**



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After being accused of murder and jailed at age 19, Ferguson took his father's advice and dedicated himself to becoming "stronger, faster, and smarter," in order to

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instant celebrity Ryan Ferguson speaks to SOHH about the motivation behind his new Stronger, Faster, Smarter: A Guide to Your Most Stronger, Faster

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