



Stronger, Faster, Smarter: A Guide to Your Most Powerful Body

Ryan Ferguson

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After a decade behind bars for a murder he did not commit, Ryan Ferguson learned that physical strength and confidence are keys to survival – he now shares his strength secrets in *Stronger, Faster, Smarter*--the smartest, realest, and most doable fitness guide you'll ever read.

How many of us *really* understand that every moment counts, and that physical strength and confidence enable our mind and spirit to make the most of our lives? Ryan Ferguson does. He survived nearly a decade behind bars for a murder he did not commit.

An innocent collegian imprisoned at nineteen, Ferguson's disbelief turned to resolve after his father told him: "Son, do whatever you can to get stronger, faster, and smarter. This is now your number one priority."

In his darkest hour, even after countless appeals and disappointment, in a place that threatened physical violence, malnutrition, and offered almost no medical aid, Ferguson knew his physical health was paramount.

In this startlingly elegant, authentic, and inspiring guide, Ferguson shares his simple, universally attainable recipe for health and power.

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