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physical strength and  
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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

# Read Online Stronger Faster Smarter: A Guide

order to survive prison. As this warm, uplifting guide recounts, Ferguson entered prison in 2005 as a skinny kid and left, after his conviction was overturned in 2013, as a lean, muscular young man.

## **Stronger, Faster, Smarter: A Guide to Your Most Powerful**

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exercise moves  
necessary to quickly  
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are the practices that  
kept Ryan fit, safe, and  
healthy for more than a  
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you'll ever read. How  
many of us really  
understand that every  
moment counts, and  
that physical strength  
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our mind ...

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Yourself. And then  
admit: 'Here's what I've  
been doing and it's not

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enough," Ferguson  
says. ... Be Consistent.  
Ferguson admits  
sticking to a regular  
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stressed as Ferguson,  
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Book Overview. 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,

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