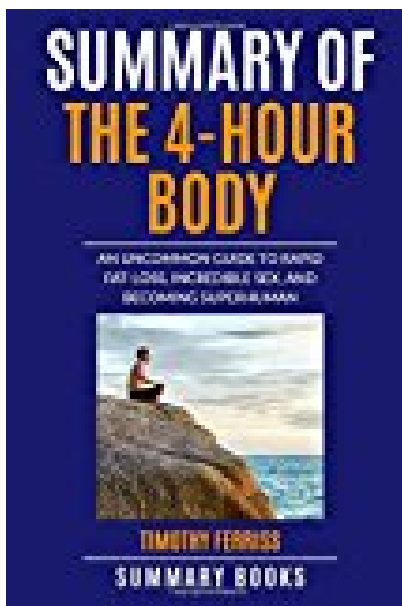


Summary Of The 4-Hour Body An Uncommon Guide to Rapid Fat-Loss Incredible Sex and Becoming Superhuman



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BOOK SYNOPSIS

The best-selling author of The 4-Hour Workweek outlines a program for healthy living that draws on 15 years of research and interviews with leading doctors and health-care experts to offer insight into genetic factors, nutrition requirements and fitness practices. 200,000 first printing.

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