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Are you looking for a safe yet fast way to get rid of excess weight? With some simple dietary tweaks and just a few minutes of exercise a week, you can quickly melt fat and create the body you want.

The 4-Hour Body by Timothy Ferriss offers readers an alternative to the countless other diet books available that can be confusing, restricting, and boring. The idea that you need hours of exercise each day to achieve the strength and look you want is no longer valid. Advice from expert coaches interviewed by Ferriss show you how you can quickly get rid of excess fat fast and build the type of body you want. The steps are simple and results are visible within days, not weeks or months.

You will learn:

- How to rig the game to set yourself up for success
- How to easily improve your level of strength in a matter of minutes a day

· What foods to cut out from your diet and which to eat on a regular basis.

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