

The Four Hour Body

BM King

Contents | The 4 - Hour Body Hundreds of men and women have tested the techniques in The 4-Hour Body (4HB) over the last two years, and I've tracked and graphed hundreds of their results (194 people in this book). **The 4 - Hour Body | An uncommon guide to rapid fat-loss, ...** The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, ...

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The Four Hour Body Introduction

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