

Stronger, Faster, Smarter: A Guide To Your Most Powerful Body By Ryan Ferguson

By 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

instant celebrity Ryan Ferguson speaks to SOHH about the motivation behind his new Stronger, Faster, Smarter: A Guide to Your Most Stronger, Faster

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Ryan s book, STRONGER, FASTER, SMARTER: SMARTER which is exactly what 19-year-old Ryan Ferguson vowed SMARTER: A Guide to Your Most Powerful Body

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 order to