



# The 4-Hour Body Review: How To Lose Weight Fast

*Eric Parker*

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## **The 4-Hour Body Review: How To Lose Weight Fast** Eric Parker

Rapid fat loss is the holy grail for millions of dieters. The publication of Tim Ferriss's "The 4-Hour Body" provided a long-needed answer that millions have found to be a dream come true. The biggest complaint about the original book is that the essential information can get lost in the sometimes arcane details.

"The 4-Hour Body Review: How to Lose Weight Fast" helps cut through the fog to give you the science behind the sometimes confusing strategies in an easy-to-read 27 page article. Included are some tweaks not included in the original work--little tricks that have been very helpful in insuring long-term success.

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