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**Quark Gluon Plasma and Fermions at Unitarity**

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The quark gluon plasma created in ultra-relativistic heavy ion collisions and dilute ultracold Fermi gases near unitarity are both strongly correlated quantum fluids that exhibit nearly perfect fluidity, that means the ratio of shear viscosity to entropy density approaches a lower bound that is believed to follow from the uncertainty relation, and that has been made more precise using calculations based on string theory. We will review these arguments and summarize recent efforts to extract transport properties of the quark gluon plasma and of ultra-cold Fermi gases.