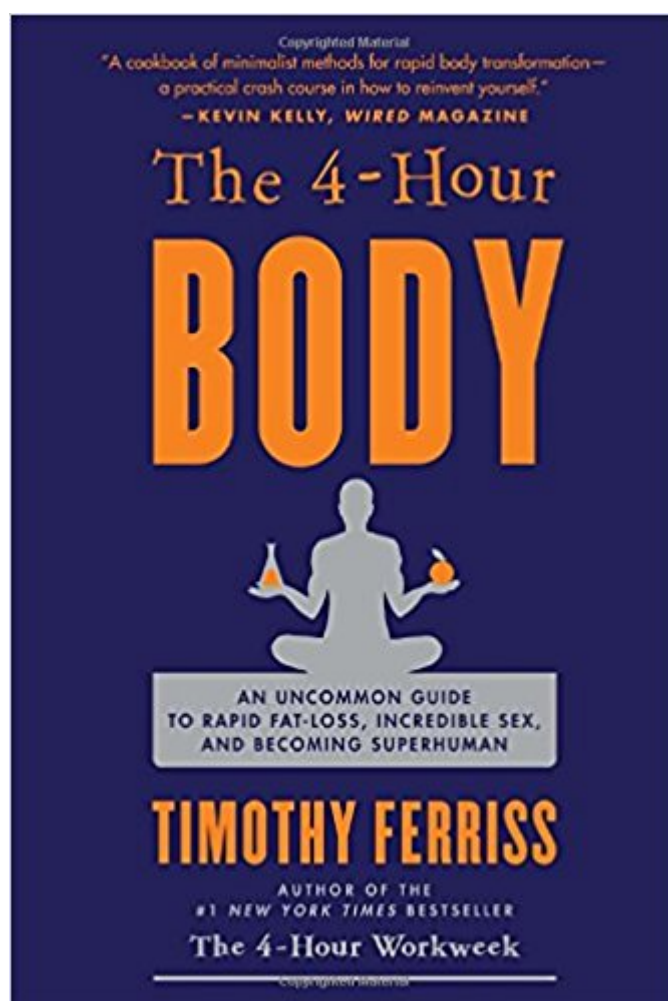


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# The 4 Hour Body: An Uncommon Guide To Rapid Fat Loss, Incredible Sex And Becoming Superhuman



## Synopsis

Thinner, bigger, faster, stronger... which 150 pages will you read? Is it possible to: Reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. This is not just another diet and fitness book. 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, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss, the #1 New York Times bestselling author of *The 4-Hour Workweek*, fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. From the gym to the bedroom, it's all here, and it all works. You Will Learn (in less than 30 minutes each):

- \* How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails.
- \* How to prevent fat gain while bingeing (X-mas, holidays, weekends)
- \* How to increase fat-loss 300% with a few bags of ice
- \* How Tim gained 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time
- \* How to sleep 2 hours per day and feel fully rested
- \* How to produce 15-minute female orgasms
- \* How to triple testosterone and double sperm count
- \* How to go from running 5 kilometers to 50 kilometers in 12 weeks
- \* How to reverse "permanent" injuries
- \* How to add 150+ pounds to your lifts in 6 months
- \* How to pay for a beach vacation with one hospital visit

And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more discipline. You need immediate results that compel you to continue. That's exactly what *The 4-Hour Body* delivers.

## Book Information

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## Customer Reviews

TIMOTHY FERRISS is a serial entrepreneur, #1 *New York Times* bestselling author, and angel investor/advisor (Facebook, Twitter, Evernote, Uber, and 20+ more). Best known for his rapid-learning techniques, Tim's books -- *The 4-Hour Workweek*, *The 4-Hour Body*, and *The 4-Hour Chef* -- have been published in 30+ languages. *The 4-Hour Workweek* has spent seven years on *The New York Times* bestseller list. Tim has been featured by more than 100 media outlets including *The New York Times*, *The Economist*, *TIME*, *Forbes*, *Fortune*, *Outside*, *NBC*, *CBS*, *ABC*, *Fox* and *CNN*. He has guest lectured in entrepreneurship at Princeton University since 2003. His popular blog [www.fourhourblog.com](http://www.fourhourblog.com) has 1M+ monthly readers, and his Twitter account @tferriss was selected by Mashable as one of only five "Must-Follow" accounts for entrepreneurs. Tim's primetime TV show, *The Tim Ferriss Experiment* ([www.upwave.com/tfx](http://www.upwave.com/tfx)), teaches rapid-learning techniques for helping viewers to produce seemingly superhuman results in minimum time.

A great deal of unnecessary pages, get to the point. I'm glad I bought a digital copy so that I could search

This book is a must read for everyone! There is something for all in this book, once I picked it up I couldn't put it down! Many different perspectives and eye-opening things regarding weight training and other aspects of life and I just felt like it opened up a new world of thinking about these things! I would recommend this book everyone ! Enjoy!

Makes caring for your body seem easy, which means it is an easy plan to follow and adapt.

Great read!

Clear. Read only what you're interested in. And... you'll be interested in ALL of it. Built up the nerve to try Slow Carb Weight Loss.

Totally change my perspective of how I should train my body. Prehab chapter might be the best of all. Going to try 15-orgasm soon.

Good read. Clear instructions and sound logic by the writer, who has lived life style for some time. Program worked for me initially and then suddenly did not. Had to make a number of changes, however, continue to follow (though somewhat customized), the approach advocated in this book. There's a lot of logic to this and it fits well with other books I've read.

I haven't done everything in the book, but overall I've learned quite a bit. My main criticism is lack of instructional details in some areas. A re-edit would be useful. Some questions have been clarified in his 6 million youtube videos and blog, but one shouldn't have to go chasing the details down. I admire the guy's willingness to go where few if any have gone before.

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The 4 Hour Body: An Uncommon Guide to Rapid Fat Loss, Incredible Sex and Becoming Superhuman Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Ketogenic Diet Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and ketosis and get a Dream Body) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1)

Metabolic Conditioning: Rapid Fat Loss and Enhanced Athletic Performance Using Metabolic Training Techniques (Metabolic Conditioning and Rapid Weight Loss Book 1) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Calisthenics: The SUPERHUMAN Stack: 150 Bodyweight Exercises | The #1 Complete Bodyweight Training Guide (The SUPERHUMAN Series) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Meal Prep: The Ultimate Guide For Rapid Fat Loss And Upgrade Your Life: FAT BOOTCAMP-LOSE ONE POUND PER DAY (Including The Very Best 50+ Weight Loss Recipes)(Ketogenic, Paleo Diet, Low Carb, Keto) Paleo Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy And Upgrade Your Life: Lose Up To 30 Pounds In 4 Weeks(Including The Very BEST Fat Loss Recipes - FAT BOOTCAMP) Ketogenic Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy Better Your Life: LOSE UP TO ONE POUND A DAY(Including The BEST Fat Loss Recipes - FAT BOOTCAMP Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat)

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