



The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman

Timothy Ferriss

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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.

From the Hardcover edition.

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Jon Farris:

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Michael Short:

In this 21st hundred years, people become competitive in every way. By being competitive at this point, people have do something to make these survives, being in the middle of the crowded place and notice by surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Yep, by reading a book your ability to survive enhance then having chance to endure than other is high. For you who want to start reading a new book, we give you this particular The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman book as basic and daily reading publication. Why, because this book is usually more than just a book.

Hoyt Adkins:

Why? Because this The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will shock you with the secret the idea inside. Reading this book next to it was fantastic author who have write the book in such awesome way makes the content inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book include such as help improving your proficiency and your critical thinking way. So , still want to delay having that book? If I were being you I will go to the guide store hurriedly.

Robert Garcia:

Playing with family in a park, coming to see the coastal world or hanging out with pals is thing that usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman, you can enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still

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