

"A cookbook of minimalist methods for rapid body transformation—  
a practical crash course in how to reinvent yourself."

—KEVIN KELLY, WIRED MAGAZINE

# The 4-Hour BODY



#1  
NEW YORK  
TIMES  
BESTSELLER

AN UNCOMMON GUIDE  
TO RAPID FAT-LOSS, INCREDIBLE SEX,  
AND BECOMING SUPERHUMAN

## TIMOTHY FERRISS

AUTHOR OF THE  
#1 NEW YORK TIMES BESTSELLER

*The 4-Hour Workweek*

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*Timothy Ferriss*

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



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Thinner, bigger, faster, more powerful.. Lose more fat than a marathoner by bingeing? Is it possible to: Achieve your genetic potential in six months? Indeed, and much more. This is definitely not just another diet plan and fitness publication. The 4-Hour Body may be the consequence of an obsessive quest, spanning more than a 10 years, to hack the body. It includes the collective wisdom of hundreds of elite athletes, a large number of MDs, and hundreds of hours of jaw-dropping personal experimentation. That' Thousands of tests later, this book provides the answers for men and women. s all here, and everything works. You Will Learn (in under 30 moments each):\* How exactly to lose those last 5-10 pounds (or 100+ pounds) with odd mixtures of food and safe chemical cocktails. \* How to prevent unwanted fat gain while bingeing (X-mas, holidays, weekends) \* How to increase fat-reduction 300% with a few luggage of ice \* How Tim gained 34 pounds of muscle in 28 days, without steroids, and in four hours of total fitness center time \* How exactly to rest 2 hours per day and feel completely rested \* How exactly to make 15-minute female orgasms \* How exactly to triple testosterone and double sperm count\* How exactly to go from running 5 kilometers to 50 kilometers in 12 weeks \* How to reverse “ There are a lot more than 50 topics covered, all with real-globe experiments, many including a lot more than 200 test subjects. You don't need better genetics or even more self-discipline. From the fitness center to the bed room, it'. which 150 pages do you want to read? And that is just the end of the iceberg. Rest 2 hours each day and perform much better than on 8 hours?permanent” accidents \* How to add 150+ pounds to your lifts in 6 months \* How to purchase a beach vacation with one hospital visit You need immediate results that compel you to continue. From Olympic training centers to black-marketplace laboratories, from Silicon Valley to South Africa, Tim Ferriss, the #1 NY Times bestselling writer of The 4-Hour Workweek, fixated on one life-changing query: For everything physical, what are the tiniest changes that produce the biggest results?s just what The 4-Hour Body delivers.



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6 weeks in to the diet: Total cholesterol 165, triglycerides 386.. It functions. I'm really sad that it didn't work As much mainly because I like the "rogue science" approach of the book, being a wellness scientist myself, I'm presently on the diet that this book discusses, have been for nearly 3 weeks, and haven't lost even 1% body fat. Ferriss, it didn't work. Not on diet: Cholesterol 286, Triglycerides 1800. The dietary plan works and it's really super simple. A pal of mine recommended this publication after being on the diet. I was really skeptical about the claims in the reserve. I've got metabolic syndrome and I've been on statins for a long time. I'm by no means generally super body fat or unhealthy when it comes to diet or weight: 5'11 200 lbs and I don't eat a whole lot of junk. It is broken down into easy to understand sections with straightforward information which is simple to understand. I browse the chapters of the book focused on the dietary plan and honestly I rolled my eye and said things like "no way" but I decided to give it a shot. I followed a far more simplified form of the reserve because I have 2 kids, my wife and I work fulltime and I'm generally tired and also have no time. I visited costco and bought 2 types of canned coffee beans, stew meats, and frozen costco vegetables. I slow cooked the stew meats by literally unloading the deal into the sluggish cooker and salting it and letting it cook for 5 hours once weekly. I also shed like 15 pounds or so but that wasn't really my focus. For a meal I'd open a can of coffee beans (used about half a can per-food), pour out some frozen vegetables and microwave them for three minutes, then combine everything and high temperature for another minute. I bought the book, thought about it a whole lot, wondered if I could do this long-term. For breakfast I'd eat a similar thing except I'd eat about half as much meat and add about 4 eggs. I utilized salt or sriracha chili paste for taste. I ate that 6 days a week, 3 times a day, and on Saturday I'd eat as an absolute pig. I've tried several of these concepts and most have worked or helped me obtain my goals.. I place it in tupperware to keep for the week. Video game CHANGER. My well being has improved. Love this book, present it often Love this book, gift it often. I've dropped significant pounds on its process (proceeded to go from 28%MBI to 16% in 10weeks)It's improved my sex lifestyle - cannot speak more extremely of kettlebell swings because of this and belowMass benefits were meh but still good for the full total gym timesleep manipulation didn't function for me but know it offers for othershelped a ton with injury recovery Good book, misplaced a lot of weight quickly.. Bought this publication and I've lost 20 pounds in 6 weeks. Regrettably I came back to my evil methods and gained it all back over a couple of months but I understand that when I go back on this diet I'll lose it quickly again.. I can't even begin to tell you how much it has changed and continues to change my life.and decided I possibly could. I'd have meals ready in about five minutes. Saved my life!. An excellent friend of mine knew someone on the "slow-carb" diet plan that's outlined in this book, and he had dropped 100 pounds in a year. Right here I am, less than 1.5 years later, and I've lost almost 150 pounds.Revise: After 2. Wish I read this years ago. At 425 pounds, I realized I had to accomplish something drastic. I'm so grateful to Tim Ferriss and Amazon for providing this book. There's no special food to get, no mandatory health supplements, no added costs other than the book.5 years, I lost 250 pounds. While no plan/lifestyle change is right for everybody, this worked very well for me.So the claims in the book about the effects on cholesterol are completely true as crazy since it sounds...RIGHT HERE! Wish I possibly could have my cash back. A large component of this is genetics. Mr.. Good tips Good tips This plan does work. Don't think of this resource as a reserve that you read cover-to-cover. You can read it nevertheless, you want but I've found it most useful as a reference publication that I could consume topic-by-topic. There are tons of online language resources to augment what's outlined in the chapters. Absolutely enjoyable read. Extremely inspiring with plenty of potential action products. I was so thrilled to finally stick to something to see outcomes, but I'm only disappointed now. Am screening the slow carb diet, kettle bells, and abdominal workout among other things. Highly recommend. Solid Advice At first the info seemed just a little unorganized to me, as We was expecting more of a step-by-step guide, but after extracting all items that were valuable to me, I could set a solid regiment for myself. Simply arrived today and I am about page 67! Eating the quantity of proteins at the four food a day rate of recurrence he

recommended was constantly way too much for me if I was also having a little serving of beans and spinach or various other veggies as well (I'm 5'3 and 138 lb), so I wasn't slimming down until I decreased my consumption to three meals a day time with the equivalent of one egg of proteins per meal. I'm also performing the recommended minimum amount amount of exercise he discusses, eating my meals gradually, following cheat day time to a T, doing the PAGG and CQ supplements as suggested, and drinking more than enough water, so it actually was just eating an excessive amount of. Having a decent amount of hunger before meals helps a lot. This works This book has changed my entire life. After a decade of steady weight gain and several failed diets and fads, this publication has succeeded. I have lost weight and in . without feeling like I am deprived. Highly recommend this. My relationship with food and glucose has become much healthier. Five Stars Good read Book Christmas gift for family Amazing Book!Essential side note on the subject of the sluggish card diet - pay attention to your body. I can't wait to make use of all the techniques Good advise I got some advise to boost health, at same point I got dropped with the technicalities but for other people this info could be useful Interesting concepts An excellent read with a lot of diverse and interesting ideas. After 6 weeks I had my blood tested once again and the email address details are much better than when I was on statins. The book is much bigger than I anticipated, apparently, I ignored the page count when I placed my purchase. I lost 4-5 lbs a week easy, had a ton more energy then in the past. I've only centered on the weight loss sections but I'm looking towards exploring the rest of the chapters. TLDR: I'm 37. The slow carb diet and frosty showers are, in my experience, especially beneficial.. Love the Minimal Effective Dose theme. I also simply generally felt better.. I completely love this book. I've had great results after implementing some of the authors suggestions. After following a diet, total cholesterol 165, triglycerides 386. Good book, misplaced a lot of weight quickly. Before diet plan: Cholesterol 286, Triglycerides 1800.



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