

"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

PRAISE FOR

The 4-Hour Workweek

“This is a whole new ball game. Highly recommended.” —Dr. Stewart D. Friedman, adviser to Jack Welch and former director of the Work/Life Integration Program at the Wharton School, University of Pennsylvania

“It’s about time this book was written. It is a long-overdue manifesto for the mobile lifestyle, and Tim Ferriss is the ideal ambassador. This will be huge.” —Jack Canfield, cocreator of *Chicken Soup for the Soul*®, 100+ million copies sold

“Stunning and amazing. From mini-retirements to outsourcing your life, it’s all here. Whether you’re a wage slave or a Fortune 500 CEO, this book will change your life!” —Phil Town, *New York Times* bestselling author of *Rule #1*

“*The 4-Hour Workweek* is a new way of solving a very old problem: just how can we work to live and prevent our lives from being all about work? A world of infinite options awaits those who would read this book and be inspired by it!” —Michael E. Gerber, founder and chairman of E-Myth Worldwide and the world’s #1 small business guru

“Timothy has packed more lives into his 29 years than Steve Jobs has in his 51.” —Tom Foremski, journalist and publisher of SiliconValleyWatcher.com

“If you want to live life on your own terms, this is your blueprint.” —Mike Maples, cofounder of Motive Communications (IPO to \$260M market cap) and founding executive of Tivoli (sold to IBM for \$750M)

“Thanks to Tim Ferriss, I have more time in my life to travel, spend time with family, and write book blurbs. This is a dazzling and highly useful work.” —A. J. Jacobs, editor-at-large of *Esquire* magazine and author of *The Know-It-All*

“Tim is Indiana Jones for the digital age. I’ve already used his advice to go

spearfishing on remote islands and ski the best hidden slopes of Argentina. Simply put, do what he says and you can live like a millionaire.” —Albert Pope, derivatives specialist at UBS World Headquarters

“Reading this book is like putting a few zeros on your income. Tim brings lifestyle to a new level—listen to him!” —Michael D. Kerlin, McKinsey & Company consultant to Bush-Clinton Katrina Fund and a J. William Fulbright Scholar

“Part scientist and part adventure hunter, Tim Ferriss has created a road map for an entirely new world. I devoured this book in one sitting —I have seen nothing like it.” —Charles L. Brock, chairman and CEO of Brock Capital Group; former CFO, COO, and general counsel of Scholastic, Inc.; and former president of the Harvard Law School Association

“Outsourcing is no longer just for Fortune 500 companies. Small and mid-sized firms, as well as busy professionals, can outsource their work to increase their productivity and free time for more important commitments. It’s time for the world to take advantage of this revolution.” —Vivek Kulkarni, CEO of Brickwork India and former IT secretary of Bangalore; credited as the “techno-bureaucrat” who helped make Bangalore an IT destination in India

“Tim is the master! I should know. I followed his rags to riches path and watched him transform himself from competitive fighter to entrepreneur. He tears apart conventional assumptions until he finds a better way.” —Dan Partland, Emmy Award–winning producer of *American High* and *Welcome to the Dollhouse*

“*The 4-Hour Workweek* is an absolute necessity for those adventurous souls who want to live life to its fullest. Buy it and read it before you sacrifice any more!” —John Lusk, group product manager at Microsoft World Headquarters

“If you want to live your dreams now, and not in 20 or 30 years, buy this book!” —Laura Roden, chairman of the Silicon Valley Association of Startup Entrepreneurs and a lecturer in Corporate Finance at San Jose State University

“With this kind of time management and focus on the important things in life, people should be able to get 15 times as much done in a normal

workweek.” —Tim Draper, founder of Draper Fisher Jurvetson, financiers to innovators including Hotmail, Skype, and Overture.com

“Tim has done what most people only dream of doing. I can’t believe he is going to let his secrets out of the bag. This book is a must read!” — Stephen Key, top inventor and team designer of Teddy Ruxpin and Lazer Tag and a consultant to the television show *American Inventor*

ALSO BY TIMOTHY FERRISS

The 4-Hour Workweek

The 4-Hour Body

AN UNCOMMON GUIDE TO
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AND BECOMING SUPERHUMAN

Timothy Ferriss



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v3.1

**For my parents, who taught a little
hellion that marching to a different
drummer was a good thing. I love you both
and owe you everything. Mom, sorry about
all the crazy experiments.**

**Support good science—
10% of all author royalties are donated
to cure-driven research,
including the excellent work of
St. Jude Children's Research Hospital.**

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TIM'S DISCLAIMER

Please don't be stupid and kill yourself. It would make us both quite unhappy. Consult a doctor before doing anything in this book.

PUBLISHER'S DISCLAIMER

The material in this book is for informational purposes only. As each individual situation is unique, you should use proper discretion, in consultation with a health care practitioner, before undertaking the diet, exercises, and techniques described in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

ON THE SHOULDERS OF GIANTS

I am not the expert. I'm the guide and explorer.

If you find anything amazing in this book, it's thanks to the brilliant minds who helped as resources, critics, contributors, proofreaders, and references. If you find anything ridiculous in this book, it's because I didn't heed their advice.

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