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TOOLS OF TITANS

THE TACTICS, ROUTINES, AND HABITS
OF BILLIONAIRES, ICONS,
AND WORLD-CLASS PERFORMERS

TIM FERRISS

TOOLS OF TITANS

**THE TACTICS, ROUTINES, AND HABITS
OF BILLIONAIRES, ICONS,
AND WORLD-CLASS PERFORMERS**

TIM FERRISS

**FOREWORD BY ARNOLD SCHWARZENEGGER
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DEDICATION

First, gratitude to you all, my “companions on the path,” as James Fadiman would say.

Second, a portion of author royalties will be donated to these worthwhile causes:

- **After-School All-Stars (AFTERSCHOOLALLSTARS.ORG)**, which provides comprehensive after-school programs for keeping children safe and helping them to succeed in both school and life.
- **DonorsChoose.org**, which makes it easy for anyone to help a high-need classroom, moving us closer to a nation where all students have the tools they need for a great education.
- **Scientific research at institutions such as the Johns Hopkins University School of Medicine**, where entheogens are being studied for applications to treatment-resistant depression, end-of-life anxiety (in terminal cancer patients), and other debilitating conditions.

Third, for all the seekers, may you find much more than you're looking for.
Perhaps this book will help.

FOREWORD

I am not a self-made man.

Every time I give a speech at a business conference, or speak to college students, or do a Reddit AMA, someone says it.

“Governor/Governator/Arnold/Arnie/Schwarzie/Schnitzel (depending on where I am), as a self-made man, what’s your blueprint for success?”

They’re always shocked when I thank them for the compliment but say, “I am not a self-made man. I got a lot of help.”

It is true that I grew up in Austria without plumbing. It is true that I moved to America alone with just a gym bag. And it is true that I worked as a bricklayer and invested in real estate to become a millionaire before I ever swung the sword in *Conan the Barbarian*.

But it is not true that I am self-made. Like everyone, to get to where I am, I stood on the shoulders of giants.

My life was built on a foundation of parents, coaches, and teachers; of kind souls who lent couches or gym back rooms where I could sleep; of mentors who shared wisdom and advice; of idols who motivated me from the pages of magazines (and, as my life grew, from personal interaction).

I had a big vision, and I had fire in my belly. But I would never have gotten anywhere without my mother helping me with my homework (and smacking me when I wasn’t ready to study), without my father telling me to “be useful,” without teachers who explained how to sell, or without coaches who taught me the fundamentals of weight lifting.

If I had never seen a magazine with Reg Park on the cover and read about his transition from Mr. Universe to playing Hercules on the big screen, I might still be yodeling in the Austrian Alps. I knew I wanted to leave Austria,

and I knew that America was exactly where I belonged, but Reg put fuel on the fire and gave me my blueprint.

Joe Weider brought me to America and took me under his wing, promoting my bodybuilding career and teaching me about business. Lucille Ball took a huge chance and called me to guest star in a special that was my first big break in Hollywood. And in 2003, without the help of 4,206,284 Californians, I would never have been elected Governor of the great state of California.

So how can I ever claim to be self-made? To accept that mantle discounts every person and every piece of advice that got me here. And it gives the wrong impression—that you can do it alone.

I couldn't. And odds are, you can't either.

We all need fuel. Without the assistance, advice, and inspiration of others, the gears of our mind grind to a halt, and we're stuck with nowhere to go.

I have been blessed to find mentors and idols at every step of my life, and I've been lucky to meet many of them. From Joe Weider to Nelson Mandela, from Mikhail Gorbachev to Muhammad Ali, from Andy Warhol to George H.W. Bush, I have never been shy about seeking wisdom from others to pour fuel on my fire.

You have probably listened to Tim's podcasts. (I particularly recommend the one with the charming bodybuilder with the Austrian accent.) He has used his platform to bring you the wisdom of a diverse cast of characters in business, entertainment, and sports. I bet you've learned something from them—and oftentimes, I bet you picked up something you didn't expect.

Whether it's a morning routine, or a philosophy or training tip, or just motivation to get through your day, there isn't a person on this planet who doesn't benefit from a little outside help.

I've always treated the world as my classroom, soaking up lessons and stories to fuel my path forward. I hope you do the same.

The worst thing you can ever do is think that you know enough.

Never stop learning. Ever.

That's why you bought this book. You know that wherever you are in life, there will be moments when you need outside motivation and insight. There will be times when you don't have the answer, or the drive, and you're forced to look beyond yourself.

You can admit that you can't do it alone. I certainly can't. No one can.

Now, turn the page and learn something.

—Arnold Schwarzenegger

ON THE SHOULDERS OF GIANTS

I am not the expert. I'm the experimenter, the scribe, and the guide.

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

Though indebted to hundreds of people, I wish to thank here the many guests who have appeared on my podcast and who grace the pages of this book, listed in alphabetical order:

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