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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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Jacqueline Stalling:

As people who live in often the modest era should be upgrade about what going on or info even knowledge to make these individuals keep up with the era that is always change and move forward. Some of you maybe may update themselves by reading through books. It is a good choice for you but the problems coming to an individual is you don't know which you should start with. This The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and want in this era.

Walter Harman:

Nowadays reading books become more than want or need but also get a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The info you get based on what kind of e-book you read, if you want drive more knowledge just go with knowledge books but if you want feel happy read one having theme for entertaining like comic or novel. Often the The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman is kind of guide which is giving the reader unpredictable experience.

Gregory Goolsby:

This The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman are generally reliable for you who want to be a successful person, why. The reason why of this The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman can be one of several great books you must have is usually giving you more than just simple studying food but feed a person with information that perhaps will shock your preceding knowledge. This book is usually handy, you can bring it all over the place and whenever your conditions in e-book and printed versions. Beside that this The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman forcing you to have an enormous of experience for example rich vocabulary, giving you test of critical thinking that we all know it useful in your day activity. So , let's have it and revel in reading.

Irma Tijerina:

Your reading sixth sense will not betray an individual, why because this The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman guide written by well-known writer who knows well how to make book which can be understand by anyone who else read the book. Written inside good manner for you, still dripping wet every ideas and publishing skill only for eliminate your current hunger then you still uncertainty The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman as good book but not only by the cover but also by the content. This is one book that can break don't determine book by its include, so do you still needing one more sixth

sense to pick this kind of!? Oh come on your studying sixth sense already told you so why you have to listening to a different sixth sense.

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