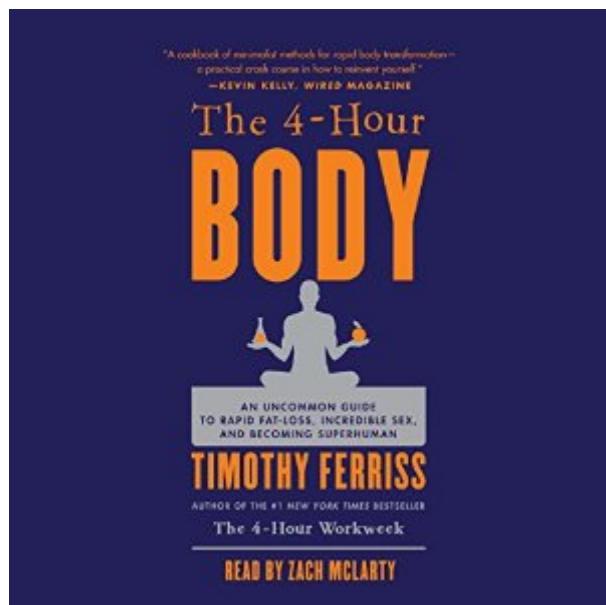


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# The 4-Hour Body: An Uncommon Guide To Rapid Fat-Loss, Incredible Sex, And Becoming Superhuman



## **Synopsis**

THINNER, BIGGER, FASTER, STRONGER Is it possible to Reach your genetic potential in 6 months? Sleep 2 hours per day and perform better? Lose more fat than a marathoner by bingeing? Yes, and much more. Join author Tim Ferriss as he shares the incredible experiments he's done over 10 years to beat genetics and achieve the impossible...for himself and more than 200 men and women aged 18 to 70. It's up to you to choose your own adventure: Want to lose 20 pounds of fat in 30 days without exercise? Run 50 Kilometers after just 12 weeks of training? That's just the tip of the iceberg. 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. Please see accompanying PDF for workout regimens.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

Most of the 5-star reviews for 4HB came up on the first day. Given that Tim Ferriss has previously endorsed outsourcing in his Four Hour Workweek, I wonder how many of those 5-star reviews were from his personal assistants abroad. Let me start with my bona fides: I am a currently practicing and licensed physician in the state of California. I graduated from Stanford University School of Medicine. I am a black belt and a lifelong athlete, and I have been weight training for over 20 years--and unlike Mr. Ferriss, without injuring myself in any way, ever. I have no financial interest in his book or any other product discussed here. Regarding the depth of my review of The 4-Hour Body, I spent over [...] on the equipment, supplements, and ultrasound machine recommended in the book. I bought the BodyMetrix Professional ultrasound and software he recommends by Intelametrix [...]

after discount for mentioning 4HB book), and completed the 1-on-1 online training despite the fact I am previously certified in performing ultrasound. I engaged my friends and colleagues in a "Fat off" competition with obsessive and objective weight and body fat measurements and followed the routine for 5 weeks as perfectly as I was able. I also experimented (like Mr. Ferriss) using continuous glucose measurement (CGM) to assess minute-to-minute glucose responses to food and exercise using both the DexCom system he recommends as well as the MiniMed Guardian system. I plan to upload a photo of the nutritional supplements I bought, which nearly cover my kitchen table. I downloaded apps to my phone for recording each workout obsessively, and more importantly to help with the very slow rep time he recommends.

I enjoyed the book. I'm not going to claim that the book is perfect or earth-shattering or anything like that. I did find it entertaining to read all the stuff Tim Ferriss put himself through. I've also benefited from some of his recommendations (though not all). Here's what's in the book so you can make your own decision. I've read all 571 pages and tried most of the strategies (I had my copy for a while because I got my hands on an advanced copy). Ferriss spent more than a decade researching, monitoring, and noting the progress of his own mind and body. He served as his own laboratory genea pig and also played the role of a doctor, physical therapist, and coach to prepare for this book. Like a school boy, Ferris teaches you how to get your classwork done fast so you can go out and play. He asks you to be skeptical of the book and try only that which you think will help you. Here's what's in it: Chapter 1: Fundamentals--First And Foremost\* Ferriss describes the "Mininum Effective Dose" (doing the bare minimum to gain the most desired outcome). Chapter 2: Ground Zero--Getting Started and Swaraj\* Uses Mahatma Gandhi reference to make the case that only we can govern our body and destiny by what we purposely choose to do. Chapter 3: Subtracting FatFive rules for cutting body fat: 1. Avoid "white" carbohydrates 2. Eat the same few meals over and over again 3. Don't drink calories 4. Don't eat fruit 5.

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