



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

By Timothy Ferriss

Download now

Read Online ➔

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss

The *New York Times* bestselling author of *The 4-Hour Workweek* teaches you how to reach your peak physical potential with minimum effort.

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.

 [Download The 4-Hour Body: An Uncommon Guide to Rapid Fat-Lo...pdf](#)

 [Read Online The 4-Hour Body: An Uncommon Guide to Rapid Fat-...pdf](#)

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

By Timothy Ferriss

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss

The *New York Times* bestselling author of *The 4-Hour Workweek* teaches you how to reach your peak physical potential with minimum effort.

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.

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss Bibliography

- Sales Rank: #2638 in eBooks
- Published on: 2010-12-14
- Released on: 2010-12-14
- Format: Kindle eBook



Download [The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss ...pdf](#)



Read Online [The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss ...pdf](#)

Download and Read Free Online The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss

Editorial Review

Review

"Mr. Ferriss makes difficult things seem very easy." NY Times

About the Author

TIMOTHY FERRISS, nominated as one of *Fast Company's* "Most Innovative Business People of 2007," is author of the #1 *New York Times*, *Wall Street Journal*, and *BusinessWeek* bestseller, *The 4-Hour Workweek*, which has been published in 35 languages.

Wired magazine has called Tim "The Superman of Silicon Valley" for his manipulation of the human body. He is a tango world record holder, former national kickboxing champion (Sanshou), guest lecturer at Princeton University, and faculty member at Singularity University, based at NASA Ames Research Center.

When not acting as a human guinea pig, Tim enjoys speaking to organizations ranging from Nike to the Harvard School of Public Health.

Users Review

From reader reviews:

Julie Gailey:

What do you regarding book? It is not important to you? Or just adding material when you want something to explain what the one you have problem? How about your extra time? Or are you busy particular person? If you don't have spare time to try and do others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Everybody has many questions above. The doctor has to answer that question since just their can do that will. It said that about guide. Book is familiar in each person. Yes, it is appropriate. Because start from on pre-school until university need this particular The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman to read.

Rene Pina:

Do you considered one of people who can't read pleasurable if the sentence chained inside straightway, hold on guys this specific aren't like that. This The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman book is readable through you who hate those straight word style. You will find the details here are arrange for enjoyable examining experience without leaving possibly decrease the knowledge that want to give to you. The writer involving The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman content conveys the thought easily to understand by many people. The printed and e-book are not different in the articles but it just different as it. So , do you nonetheless thinking The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman is not loveable to be your top checklist reading book?

Sheree Gonzalez:

Reading a e-book tends to be new life style in this era globalization. With reading you can get a lot of information that may give you benefit in your life. Along with book everyone in this world may share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or even their experience. Not only the storyline that share in the textbooks. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some exploration before they write on their book. One of them is this The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman.

Patricia Coulter:

Within this era which is the greater particular person or who has ability in doing something more are more precious than other. Do you want to become one of it? It is just simple solution to have that. What you should do is just spending your time not very much but quite enough to enjoy a look at some books. Among the books in the top collection in your reading list is usually The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman. This book which can be qualified as The Hungry Hills can get you closer in getting precious person. By looking upwards and review this publication you can get many advantages.

Download and Read Online The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss #5AYSV4K8G9R

Read The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss for online ebook

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss books to read online.

Online The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss ebook PDF download

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss Doc

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss Mobipocket

The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman By Timothy Ferriss EPub