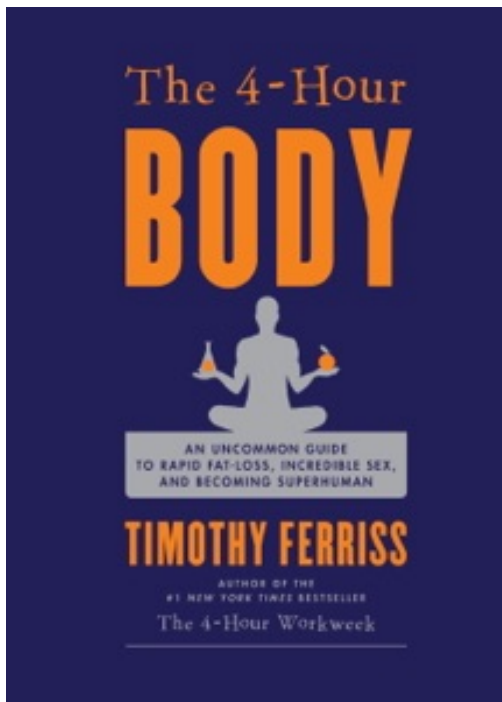


# The 4-Hour Body Read EBooks PDF English

## Timothy Ferriss



The 4-Hour Body download or read online Timothy Ferriss PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, The New York Times bestselling author of *The 4-Hour Workweek* teaches you how to reach your peak physical potential with minimum effort.

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.**

*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

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**That's exactly what *The 4-Hour Body* delivers.**

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