



# **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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