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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.

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### **The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss**

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Authored by self proclaimed internet guru, Tim Ferriss, the 4-Hour Body is a rambling mix of diet, workout, drugs, sex and body manipulation that should be called 'The Narcissist's Bible'. Using the 20/80 rule for all of his information, Ferriss tries to

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convince the reading that you need only minimum effort for maximum results - be it eating, running, weight lifting, etc.

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The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman is a nonfiction book by American writer Tim Ferriss. It was published by Crown Publishing Group in 2010. It focuses on diet, with chapters on exercise, sleep, and sexual performance.

## **The 4-Hour Body - Wikipedia**

The 4-hour body diet program, laid out in the bestselling book The 4-Hour Body, relies on lean protein, legumes, and non-starchy vegetables to spark what it claims can be dramatic weight loss. It's simple to follow—the diet urges you to eat the same foods every day, which makes meal planning easy.

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## **The 4-Hour Body Diet: Pros, Cons, and How It Works**

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All this and more is not just possible, it's probable, says Tim Ferriss, author of the best-selling book, 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman.

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## **The 4-Hour Body | Tim Ferriss - YouTube**

One of them being The 4-Hour Body. This is Tim's attempt at being a superhuman without killing his social life or business time. From this awesome manual, you can create an amazingly simple, straightforward bulk and cut regimen that takes less than four hours per month (hence The 4-Hour Body).

## **The Timothy Ferriss Diet and Workout Routine for the ...**

160 THE 4-HOUR BODY. Mark Reifkind, a former national team coach in powerlifting who also competed against Kurt Thomas in Olympic gymnastics. "Every woman wants Michelle Obama's arms. The truth is that you can have them, and a new body, in four weeks. The two-handed swing is the jewel. If you could only do one

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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 Sears, who developed the Zone diet, says there is no such thing as a 4-hour body.

## **What's the 4-Hour Body Diet - Fitness Tips | 2020**

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- Average weight lost among winners — 10.1 lbs
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## **Is The 4-Hour Body a Scam? Tracking 3,500 People to Find ...**

Trailer for the new bestseller, The 4-Hour Body (<http://amzn.to/ayrN5H>), by #1 NY Times bestselling author, Tim Ferriss. The full title is "The 4-Hour Body: ...

## **The 4-Hour Body - Official Video Trailer - YouTube**

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## **The 4-Hour Body - 4HB - The Blog of Author Tim Ferriss**

A revolutionary approach to body transformation from the international bestselling author of The 4-Hour Work Week Do you want to lose fat, double testosterone, get the perfect posterior or have a fifteen-minute female orgasm? Whatever your physical goal, The 4-Hour Body eclipses every other health manual by sharing the best kept secrets in the latest science and research to provide new ...

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