

Download Summary The 4 Hour Body By Timothy Ferriss

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. TIM FERRISS has been listed as one of Fast Company's "Most Innovative Business People," one of Forbes's "Names You Need to Know," and one of Fortune's "40 un...The 25 Most-Clicked Links from My Newsletter in 2018; Patrick Collison — CEO of Stripe (#353) The Tim Ferriss Show Transcripts: The Art and Science of Learning Anything Faster (#191)The slow-carb diet was created in 2010 by Timothy Ferriss, author of the book The 4-Hour Body. Ferriss claims that it's effective for rapid weight loss and suggests that it is possible to lose ...