

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

Thinner, bigger, faster, stronger... which 150 pages will you read?

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<http://www.amazon.com/gp/product/030746363X?ie=UTF8&tag=4-hourbodyguide-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=030746363X>

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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:

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.

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Source TIMOTHY FERRISS
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