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

By Timothy Ferriss

Random House USA Inc, United States, 2010. CD-Audio. Book Condition: New. abridged edition. 148 x 128 mm. Language: English . Brand New. ENHANCED CD 3 * INCLUDES WORKOUT PROGRAMS TO GET YOU STARTED! Thinner, bigger, faster, stronger. which section of the audiobook will you listen to? Is it possible to: Reach your genetic potential in 6 months? Sleep 2 hours per day and perform better? Lose more fat than a marathoner by bingeing? Yes, and much more. Join author Tim Ferriss as he shares the incredible experiments he's done over 10 years to beat genetics and achieve the impossible . for himself and more than 200 men and woman aged 18 to 70. It's up to you to choose your own adventure: Want to lose 30 pounds of fat in 30 days without exercise? Run 50 kilometers after just 12 weeks of training? That's just the tip of the iceberg. 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.



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-- Dr. Retta Medhurst I