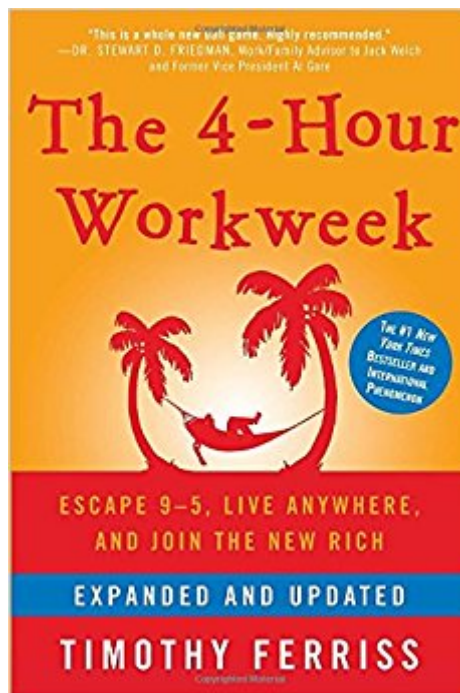




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# The 4-Hour Workweek: Escape 9-5, Live Anywhere, And Join The New Rich



## Synopsis

The New York Times bestselling author of *The 4-Hour Body* shows readers how to live more and work less, now with more than 100 pages of new, cutting-edge content. Forget the old concept of retirement and the rest of the deferred-life plan—there is no need to wait and every reason not to, especially in unpredictable economic times. Whether your dream is escaping the rat race, experiencing high-end world travel, or earning a monthly five-figure income with zero management, *The 4-Hour Workweek* is the blueprint. This step-by-step guide to luxury lifestyle design teaches:

- How Tim went from \$40,000 per year and 80 hours per week to \$40,000 per month and 4 hours per week
- How to outsource your life to overseas virtual assistants for \$5 per hour and do whatever you want
- How blue-chip escape artists travel the world without quitting their jobs
- How to eliminate 50% of your work in 48 hours using the principles of a forgotten Italian economist
- How to trade a long-haul career for short work bursts and frequent mini-retirements

The new expanded edition of Tim Ferriss' *The 4-Hour Workweek* includes:

- More than 50 practical tips and case studies from readers (including families) who have doubled income, overcome common sticking points, and reinvented themselves using the original book as a starting point
- Real-world templates you can copy for eliminating e-mail, negotiating with bosses and clients, or getting a private chef for less than \$8 a meal
- How Lifestyle Design principles can be suited to unpredictable economic times
- The latest tools and tricks, as well as high-tech shortcuts, for living like a diplomat or millionaire without being either

## Book Information

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## Customer Reviews

"It's about time this book was written. It is a long-overdue manifesto for the mobile lifestyle, and Tim Ferriss is the ideal ambassador. This will be huge." • "Jack Canfield, Co-creator of Chicken Soup for the Soul®®, 100+ million copies sold "This is a whole new ball game.Â Highly recommended."

• "Dr. Stewart D. Friedman, Director of the Work/Life Integration Project, The Wharton School "Stunning and amazing. From mini-retirements to outsourcing your life, it's all here. Whether you're a wage slave or a Fortune 500 CEO, this book will change your life!" • "Phil Town, #1 New York Times Bestselling Author of Rule #1 "The 4-Hour Workweek is a new way of solving a very old problem: just how can we work to live and prevent our lives from being all about work?Â A world of infinite options awaits those who would read this book and be inspired by it!" Â • "Michael E. Gerber, Founder & Chairman of E-Myth Worldwide and the World's #1 Small Business Guru • "Timothy has packed more lives into his 29 years than Steve Jobs has in his 51.â • "Tom Foremski, Journalist and Publisher of SiliconValleyWatcher.com • "Thanks to Tim Ferriss, I have more time in my life to travel, spend time with family and write book blurbs. This is a dazzling and highly useful work.â • "A.J. Jacobs, Editor-at-Large, Esquire Magazine, Author of The Know-It-All "If you want to live life on your own terms, this is your blueprint." • "Mike Maples, Co-founder of Motive Communications (IPO to \$260M market cap), Founding Executive of Tivoli (sold to IBM for \$750M) "Tim is Indiana Jones for the digital age. I've already used his advice to go spearfishing on remote islands and ski the best hidden slopes of Argentina. Simply put, do what he says and you can live like a millionaire." • "Albert Pope, Derivatives Trading, UBS World Headquarters • "This engaging book makes you ask the most important question that you will ever face: What exactly is it that you want out of work and life, and why? Tim Ferriss is a master of getting more for less, often with the help of people he doesn't even know, and here he gives away his secrets for fulfilling your dreams.â • "Bo Burlingham, Editor-at-Large, Inc. magazine and author of Small Giants: Companies That Choose To Be Great Instead of Big "Reading this book is like putting a few zeros on your income.Â Tim brings lifestyle to a new levelâ "listen to him!" • "Michael D. Kerlin, McKinsey & Company Consultant to Bush-Clinton Katrina Fund and J. William Fulbright Scholar "Part scientist and part adventure hunter, Tim Ferriss has created a road map for an entirely new world.Â I devoured this book in one sittingâ "I have seen nothing like it." • "Charles L. Brock, Chairman and CEO, Brock Capital Group; Former CFO, COO, and General Counsel, Scholastic, Inc.; Former President, Harvard Law School Association "Outsourcing is no longer just for Fortune 500 companies.Â Small and mid-sized firms, as well as busy professionals, can outsource their work to increase their productivity and free time for more important commitments. It's time for the world to

take advantage of this revolution. • "Vivek Kulkarni, CEO Brickwork India and former IT Secretary, Bangalore; Credited as the "techno-bureaucrat" who helped make Bangalore an IT destination in India "Tim is the master! I should know. I followed his rags to riches path and watched him transform himself from competitive fighter to entrepreneur. He tears apart conventional assumptions until he finds a better way." • "Dan Partland, Emmy Award-Winning Producer; American High, Welcome to the Dollhouse "The 4-Hour Workweek is an absolute necessity for those adventurous souls who want to live life to its fullest. Buy it and read it before you sacrifice any more!" • "John Lusk, Group Product Manager, Microsoft World Headquarters "If you want to live your dreams now, and not in 20 or 30 years, buy this book!" • "Laura Roden, Chairman of the Silicon Valley Association of Start-up Entrepreneurs; Lecturer in Corporate Finance, San Jose State University • "With this kind of time management and focus on the important things in life, people should be able to get 15 times as much done in a normal work week." • "Tim Draper, Founder, Draper Fisher Jurvetson; Financiers to innovators including Hotmail, Skype, and Overture.com "Tim Ferriss's book is about gaining the courage to streamline your life | But even more than that, it challenges the reader to seriously consider an essential "yet rarely asked" question: "What do you really want from life?" • "Rolf Potts, Author of Vagabonding and Travel Columnist for Yahoo! News "Tim has done what most people only dream of doing. I can't believe he is going to let his secrets out of the bag. This book is a must read!" • "Stephen Key, Top Inventor and Team Designer of Teddy Ruxpin, Lazer Tag; Consultant to "American Inventor" •

TIMOTHY FERRISS is a serial entrepreneur, #1 New York Times bestselling author, and angel investor/advisor (Facebook, Twitter, Evernote, Uber, and 20+ more). Best known for his rapid-learning techniques, Tim's books -- The 4-Hour Workweek, The 4-Hour Body, and The 4-Hour Chef -- have been published in 30+ languages. The 4-Hour Workweek has spent seven years on The New York Times bestseller list. Tim has been featured by more than 100 media outlets including The New York Times, The Economist, TIME, Forbes, Fortune, Outside, NBC, CBS, ABC, Fox and CNN. He has guest lectured in entrepreneurship at Princeton University since 2003. His popular blog [www.fourhourblog.com](http://www.fourhourblog.com) has 1M+ monthly readers, and his Twitter account @tferriss was selected by Mashable as one of only five "Must-Follow" accounts for entrepreneurs. Tim's primetime TV show, The Tim Ferriss Experiment ([www.upwave.com/tfx](http://www.upwave.com/tfx)), teaches rapid-learning techniques for helping viewers to produce seemingly superhuman results in minimum time.

I had heard a lot of people rave about this book before I finally picked it up and decided to read it for myself. I'm glad that I read it, but I don't think it was quite as life-changing for me as it was for some of my friends. Don't get me wrong, Ferriss makes some excellent points and he's got some really great tips and tricks in here, I'm just not sure how universal they really are. First of all, when I picked up the book, I didn't expect that he was literally working only four hours a week. I thought he was just talking about ways to spend less time working, but that "The 4-Hour" just sounded good (since he now has a whole line of books with titles that start that way). Nope. Turns out he really only worked four hours every week for a few years. I hate him. Now, with his series of books and everything, that's not true so much, so I hate him less. Now his job is much more similar to what I actually want to do. As I said, Ferriss has some great ways of eliminating clutter and busywork, including things you don't even think of as busywork. I've already started implementing some of these tips at work, and they've come in pretty handy so far. I keep meaning to get rid of a bunch of my physical clutter, but my laziness keeps getting in the way of that. I'll get around to it in the next few weeks. I also appreciated his philosophy of taking mini-retirements throughout life, rather than one long retirement at the end of life. I never did understand the point of retirement, so Ferriss's plan sounds much more appealing to me. As he put it, retirement should be nothing more than a fail-safe in case something happens and you are physically (or mentally) incapable of working. My thoughts exactly. My main problem with his philosophy is that it really only works if you have a product that you are not actually making, but that you can sell. For example, even if I were to quit my day job and write all day every day, I would still be working a lot. Granted, that would make my job a whole lot more portable, but I could never get away with only working four hours per week (at least not until after I sell that bestselling novel, which is such a realistic plan!) In order to do it his way, I would need to have something that is already produced, or that someone else is making (clothes, dietary supplement, etc.) where all I have to do is collect the money that comes in from those sales. Of course, that's a lot harder than it sounds. His ways of eliminating the useless from his life are really quite impressive, and not to be underestimated, but I still wonder if someone in their twenties, who is just starting out in life, can really make his plan work? Some of his success stories include people negotiating working remotely, because they have built up value in their company. Someone who has only been working at their current job for a year or two does not have the kind of leverage necessary to do that. Additionally, he talks about the trick to getting out of your job so you can go have that great once-in-a-lifetime adventure. He mentions considering the worst-case scenario and the fact that worst-case is not necessarily all that bad. One of his points he brings up is that, if he loses his job, he can get another one fairly easily. Well, great for him, but the

original book was written before the job market collapsed, followed by this lovely "jobless recovery". I was recently unemployed for eight months and it was not fun. I, too, thought I could get another job within a few months, but that did not turn out to be the case. So, if I go spend all my money on a mini-retirement now, and then come back only to find that I can't get a job for another year, I'll be screwed. Yes, even that worst-case scenario isn't that bad. I could always move back in with my parents, but I'd really rather not. I love them, but they have enough to deal with right now, and the last thing I want to do is burden the people around me because I decided to go globe-trotting for a few months. Timothy Ferriss told me it would be fine!

Boil it down and you have about 4 pages of constructive tips on being faster, more effective and enhancing your utility.

A ton of detail, great step by step directions, and lots of material that helps people understand that it can be done. I appreciate that he cites a lot of resources that people can use to make their goals happen. Many of these resources are out dated though, and some don't even exist anymore. I would say he rambles on a little but his writing style is entertaining and for your average person who feels compelled to work 9-5 daily M-F, this is a good book to get you out of that mindset and take steps to change your life for the better. Would recommend to everyone.

Nothing new... Also some unrealistic solutions shared. Some good insights were provided, but nothing that you haven't read before. If your an avid reader of self help books, I won't recommend, if your now getting into this field, this is a great start

Very happy with this purchase. This book can change your life IF you follow the principles in the book. All the negative reviews are lacking one key ingredient. Action. If you buy the book, let it sit around and not follow through on the recommendations then it obviously won't "give" you anything. The only thing I did not like about the book is the notion of a four hour work week, immediately. This could just be my perception, however, it will take work and effort to get to the point of working minimally for maximum output.

Reading Tim Ferriss will sure help you kick your own ass to break out of an average or boring lifestyle, and rekindle your motivation to take advantage of your potential and live more fully. Tim could come off as egotistic or narcissistic, or like someone who has little concern to anybody around

him except himself, but also earns credit for openly sharing a good deal of his own experience. The claims may not be easy or simple to replicate, and some could appear overly ambitious. You still have to do a lot of work to implement some of the ideas, but even if you only achieve a portion of the high-level plan described in the book, it should be time and money well spent on for you.

This book focuses on what Ferriss refers to as "lifestyle design" and a repudiation of the traditional "deferred" life plan in which people work grueling hours and take few vacations for decades and save money in order to relax after retirement. It's non-traditional approach broadens perspective and offers a new set of questions in regards to career and work scope.

Great book with practical tips to not doing work for works sake, and freeing time to make a life. What I appreciated about this book is that the author has DONE IT. The information particularly related to time management and batching was very helpful, as well as his comments on task elimination. I didn't give it all 5 stars only because there were some chapters on selling "hard goods" on the internet that is not really relevant to me. It felt like it should have been a second book just on this topic. I would definitely suggest the read for tired entrepreneurs who perhaps have read "The E-Myth" and would like some practical suggestions for creating the life you want. This might be a book I read every year (and the chapters not immediately relevant now might be relevant later). The 4-Hour Work Week: Escape 9-5, Live Anywhere, and Join the New Rich (Library Edition)

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