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similar to early Atkins versions in

that it doesn't limit your food

intake, but does limit your food

choices. Both diets ban grains and

most fruit. Still, the 4-hour body

diet is much higher in

carbohydrates and fiber than

Atkins, since it encourages legumes

in unlimited quantities. The 4-Hour

Body Diet: Pros, Cons, and How It

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Superhuman is a nonfiction book by

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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. It debuted at #1 on the New York Times Bestseller List and spent three weeks in the top 3. The book attracted some controversy for its claims. The 4-Hour Body -

Wikipedia The 4 Hour Body is a guide to rapid weight loss and physical excellence based on Tim Ferris' own personal

experience. The 4 Hour Body: Summary in PDF | The Power Moves Sears, who developed the Zone diet, says there is no such thing as a 4-hour body. "Skip the 4-hour body and opt for a 24-hour-365-day-a-year body, because you need a plan that

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makes sense that ... Expert

Reviews: Timothy Ferriss's 4-Hour
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a Madman The spring of 2007 was
an exciting time for me. My first
book, after being turned down by
26 out of 27 publishers, had just hit
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and seemed headed for #1 on the
business list, where it landed
several months later. The 4-Hour
Body - Tim Ferriss A couple of
weeks ago, I started the "Slow
Carb" diet from Timothy Ferriss'
book, The 4-Hour Body. The key
selling feature of the book is that
the diet supposedly "hacks" the
body, or more specifically, the
metabolism. By following the simple
rules of the diet, you can trick your
body into shedding weight without
any exercise. My Experience With

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The '4-Hour Body' Diet | Chad

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dropping personal experimentation. The 4-Hour Body

on Apple Books The 4-Hour Body

(2010) is a collection of research

and findings about unconventional

body-regulating methods from

doctors, scientists, professional

sports trainers and the world's top

athletes. These methods are

personally put to the test by the

author, leading him to unearth life-

changing shortcuts to improving his

body and overall lifestyle. The

4-Hour Body by Timothy Ferriss -

Blinkist The 4 Hour Body is a weight

loss book that was published in

2010 by author Timothy Ferriss.

Many know Ferriss from his

previous books such as The 4 Hour

Work Week, and The 4 Hour Chef.

Many of his books include 4 hours,

as he believes you can learn

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