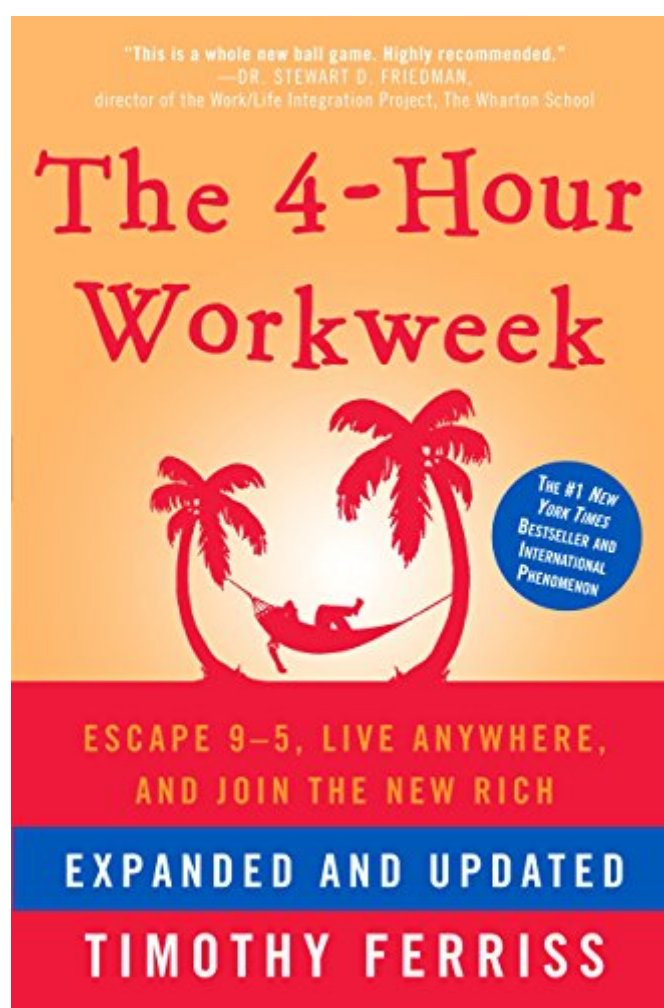


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# The 4-Hour Workweek, Expanded And Updated: Expanded And Updated, With Over 100 New Pages Of Cutting-Edge Content.



## Synopsis

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, earning a monthly five-figure income with zero management, or just living more and working less, *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

From the Hardcover edition.

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Self-Improvement

## Customer Reviews

The title and cover draws people in. 4 Hour Work Week, it's too good to be true. Then we read the first couple of pages, maybe the first couple of chapters. The first chapters are the typical motivational, "you can do it" montage. I'm not going to lie, I felt motivated to give this book a try after reading the first part of the book without even knowing what this book is all about. But as I began to get out of the fluff, and actually found myself reading the core subject of the book, I was utterly disappointed.

**D is for Definition**In this section Ferriss tells us to do an important task: define what you want. And I agree that most of us live through life not knowing what we want; just following the crowd like a herd of sheep. This section was the motivational, make you feel good section. This wasn't the how, it was the why, and it downright made me pumped.

**E is for Elimination**Okay, so he basically says to eliminate all the junk in your life. For example: watch less TV, don't check your e-mail 50 times a day, don't look at your phone 100 times a day, don't surf the web 3 hours a day, etc. It's all good advice, nothing too fancy, or new, just plain old, "don't waste your time" advice. So far so good.

**A is for automation**This is where I ran in to problems with Tim's method of creating a "4 hour workweek". First he tells us to outsource a big chunk of our lives using a VA (virtual assistant) from India or Shanghai or wherever. Basically a virtual assistant is a person who assist you in everyday task (checking emails, making reservations, doing research for your job that you got hired to do, set up appointments, etc) so basically an online-personal assistant you hire for dirt cheap.

Well, Where to begin? I actually had fun reading this book, to be honest. It is, if nothing else, a bit inspirational and motivational. To the author's credit he has (and I have emphasized this before) come up with a catchy title and gimmick to sell you a book--good for him. What's inside, though, are things that you can find better handled by other authors in other books.

In the first part of the book one can't help notice what a great guy the author is. We notice this because he tells us. We are to believe that he has gone through the Hero's Journey and back again before his late 20's. Now, dear reader, he has distilled the fruits of his vast experience and wisdom into this little gem. Read it, and you will never have to work again. Just be sure to purchase with the 8 minute ab workout.

We get a lesson on the Pareto Principle. If you have never heard of the Pareto Principle before (otherwise

known as the 80/20 rule) you should go back to junior high. BTW, Brian Tracy has discussed this principle and its implications ad nauseum. The author would have us believe that he personally redicovered in some forgotten tome (probably while motorcycle kung-fu rock climbing in Bora Bora--between kendo lessons) and was just about the first to ever apply it to his life. Later in the book we get some basic info (all easily found in more detail in other books) about starting a web business, outsourcing your workload, etc. I can appreciate some of this as I had a web business for several years. This section of the book is an interesting read, but little more. If anything, maybe it will inspire someone else to get started on their own enterprise. And that's perfectly fine. If the author accomplishes this, then good.

I will keep this short. As short as I can while keeping it useful. The author makes many claims in the book. I will talk about two verifiably false ones. Claim one: Tim says he went to Argentina and studied tango for 5 months for 4-6 hours a day, or was it 8? I am not quoting so whatever. Anyway, as a result from this he supposedly was selected to be one of 29 finalists out of 1000 couples in a tango competition. That is claim one. Claim two is that he broke a world record in tango dancing (doesn't tell you more details in the book). Now you read this and you think wow! What an accomplishment. Here is the catch: I found two videos on Youtube for both events and reality does not match the claims in the book. How to verify: Videos of both events are on Youtube. He is a bad Tango dancer. Actually not horrible, more like a real beginner. His steps are uncertain and his the lead is purposeless and almost as absent as his musicality. Nothing wrong with that, for a beginner. He is making huge claims that are simply not true. What are we to believe about the other claims, Timmy? A fulfilled life is not a half-assed pretend one. I have been dancing Tango exclusively for 9 years and can tell you that his claims are false. The description of the "achievement" and the reality as depicted in the videos are not related. Compare what you see (do a Youtube search for tango and the author's name) to what he has claimed in the book. In the video on Youtube where he "breaks the world record for Tango", the hosts asks him if he can turn 27 times in a minute and he does that (spins around unimpressingly), of course no tango dancer has tried that as it is stupid. How about a world record for blinking 5 times while you dance?.

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