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The 4-Hour Chef:

The Simple Path to Cooking Like a Pro

New York Times bestselling author (and lifelong non-cook) Tim Ferriss takes you from Manhattan to Okinawa. from Silicon Valley to Calcutta, unearthing the secrets of the world's fastest learners and greatest chefs. Ferriss uses cooking to teach "meta-learning," a step-by-step process

that can be used to master anything, whether searing steak, speaking Spanish, or shooting 3-pointers in basketball.

The 4-Hour Chef | The Simple Path to Cooking Like a Pro

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cook, you must learn to learn. META charts the path to doubling your learning potential. 2. THE DOMESTIC. DOM is where you learn the building blocks of cooking. These are the ABCs (techniques) that can take you from Dr, Seuss to Shakespeare.

The 4-Hour Chef: The Simple Path to Cooking Like a Pro

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4-Hour Chef tells two stories - one at the surface, and one down in the depths. The surface story is Ferriss's jou. "It is possible to become world-class, enter the top 5% of performers in the world, in almost any subject within 6-12 months, or even 6-12 weeks.".

The 4-Hour Chef: The Simple Path to Cooking Like a Pro

The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life by Timothy Ferriss, Hardcover | Barnes & Noble® WHAT IF YOU COULD BECOME WORLD-CLASS IN ANYTHING IN 6 MONTHS OR LESS? The 4-Hour Chef isn't just a cookbook.

The 4-Hour Chef:

The Simple Path to Cooking Like a Pro

(November 2015) The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life is the third book by Tim Ferriss, published on November 20, 2012. The book continues Ferriss' "4-Hour" themes of selfimprovement, selfactualization, and the

skill of learning new things through the lens of cooking.

The 4-Hour Chef Wikipedia thy Find helpful customer reviews and review ratings for The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life at Amazon.com. Read honest and unbiased product reviews from our users. Page 13/26

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The 4-Hour Cherking Quotes Showing 1-30 of 67. "It is possible to become world-class. enter the top 5% of performers in the world, in almost any subject within 6-12 months, or even 6-12 weeks.". — Timothy Ferriss, The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life.

The 4-Hour Chef

Quotes by Timothy Ferriss Pro

The 4-Hour Chef (4HC) isn't a cookbook, per se, though it might look like one. Just as Zen and the Art of Motorcycle Maintenance isn't about changing oil, this book isn't quite what it appears. Even if you hate cooking, here are six reasons you should read at least the first few chapters of this book: #1 Page 16/26

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The 4-Hour Chef:
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The 4-Hour Chef 29 275-lb Mark Bell sumo dead-lifting 325 lbs, plus 160 lbs of band tension and chains at the top, for a 485-lb total. He has pulled 766 lbs in competition.

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just a cookbook. It's a c hoose-your-ownadventure guide to the world of rapid learning. #1 New York Times bestselling author (and lifelong non-cook) Tim Ferriss takes you from Manhattan to Okinawa. and from Silicon Valley to Calcutta, unearthing the secrets of the world's fastest learners and greatest chefs.

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