



4 horas para o corpo (Portuguese Edition)

Timothy Ferriss

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Mais magro, mais musculoso, mais rápido, mais forte. É o que promete aos leitores Timothy Ferriss (autor de The 4-Hour Workweek) em 4 horas para o corpo, guia muito pouco convencional de bem-estar que reúne a sabedoria coletiva de centenas de atletas de elite, fisiculturistas e médicos, além dos resultados de inacreditáveis experiências feitas pelo próprio autor. Entre outras lições, Tim ensina como é possível perder nove quilos em 30 dias com a simplérrima Dieta Slow Carb, ganhar 15 quilos de músculos em 28 dias com apenas quatro horas de malhação e ter uma vida sexual bem mais excitante, triplicando a taxa de testosterona nos homens e levando mulheres a atingir orgasmos de 15 minutos de duração. Não é preciso ser abençoado com uma boa herança genética, nem desenvolver uma disciplina férrea. Tim explica com simplicidade como obter os melhores resultados a partir do mínimo esforço.

Soluções fáceis e eficientes para questões que afetam a maioria das pessoas, como o desejo de emagrecer, tornar o corpo mais musculoso, dormir melhor e ter uma ótima vida sexual.

Tim Ferriss foi considerado “uma das pessoas mais inovadoras do mundo dos negócios em 2007” pela Fast Company. Seu blog está entre os 19 mais importantes da internet segundo a revista Inc.

“Suas descobertas derrubam muitas de nossas crenças arraigadas sobre malhação e dieta. O corpo é mais elástico e moldável do que sugeririam os manuais mais bem-comportados...” **Veja**

“Um livro de receitas minimalistas para a rápida transformação corporal – um curso relâmpago em como se reinventar na prática.” **Kevin Kelly, revista Wired**

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