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Book Summary The
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Review/Summary

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Review: Is \"The
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By Tim Ferriss

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Worth Reading Or
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~~COOKING LIKE A~~
~~STEAK THE~~
~~4 HOUR CHEF~~
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~~ALLEN~~ Tim Ferriss:
Cooking to Learn
Like a Pro (in 4
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Why read \"What
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Feels
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a five-stop journey
through the art and
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1. META-LEARNING.

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META charts the path to doubling your learning potential. 2. THE DOMESTIC. DOM is where you learn the building blocks of cooking.

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#1 New York Times

best-selling author
(and lifelong non-
cook) Tim Ferriss
takes you from

Manhattan to
Okinawa, from
Silicon Valley to
Calcutta,
unearthing the
secrets of the

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world's fastest
learners and
greatest chefs.
Ferriss uses
cooking to teach
"meta-learning," a
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process that can be
used to master
anything, whether
searing steak,
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Book #32 of 182.

671 pages

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one at the surface,
and one down in
the depths.

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where you learn

the building blocks
of cooking. These
are the ABCs

(techniques) that
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The 4-Hour Chef:
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and Living the
Good Life is the
third book by Tim
Ferriss, published

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on November 20,
2012. The book
continues Ferriss'
"4-Hour" themes of
self-improvement,
self-actualization,
and the skill of
learning new things
through the lens of
cooking. The book
is intended to be
the cookbook for
people who don't
buy cookbooks and

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was a #1 Wall To
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Cooking Like A
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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."

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— Timothy Ferriss,
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Yes, I'll teach you
all the most flexible
techniques of

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Culinary school To
using 14
strategically
chosen meals, all
with four or fewer
ingredients, and all
taking 5-20
minutes to prepare
(literally, The
4-Hour Chef). But I
wrote this book to
make you a master
student of all
things. #2 EATING

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(AND LIFE) WILL
BECOME HIGH-
DEFINITION.

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TIMOTHY FERRISS -

Tim Ferriss's
4-Hour Workweek
and ...

The 4-Hour Chef 29

275-lb Mark Bell
sumo dead-lifting
325 lbs, plus 160
lbs of band tension
and chains at the

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top, for a 485-lb total. He has pulled 766 lbs in competition.

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