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The 4 Hour Chef Simple

The 4-Hour Chef is a five-stop journey through the art and science of learning: 1. META-LEARNING. Before you learn to 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.

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

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In The 4-Hour Chef, #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 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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Finished 3/6/2017. The 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."

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

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(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 self-improvement, self-actualization, and the skill of learning new things through the lens of cooking.

The 4-Hour Chef - Wikipedia

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The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life (Official UK Edition) Hardcover. – 20 Nov 2012. by.

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The 4-Hour Chef 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

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.

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Even if you hate cooking, here are six reasons you should read at least the first few chapters of this book: #1

TIMOTHY FERRISS - Tim Ferriss's 4-Hour Workweek and

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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.

The 4-Hour Chef - WordPress.com

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