



**How I lost**  
**40 Pounds**  
**in 33 days**  
*without starving*

# How I Gained 34 Pounds In 28 Days

**S Ben Porath**



## How I Gained 34 Pounds In 28 Days:

**The 4-Hour Body** Timothy Ferriss, 2010-12-14 1 NEW YORK TIMES BESTSELLER The game changing author of The 4 Hour Workweek teaches you how to reach your peak physical potential with minimum effort A practical crash course in how to reinvent yourself Kevin Kelly Wired Is it possible to reach your genetic potential in 6 months Sleep 2 hours per day and perform better than on 8 hours Lose more fat than a marathoner by bingeing Indeed and much more The 4 Hour Body is the result of an obsessive quest spanning more than a decade to hack the human body using data science It contains the collective wisdom of hundreds of elite athletes dozens of MDs and thousands of hours of jaw dropping personal experimentation From Olympic training centers to black market laboratories from Silicon Valley to South Africa Tim Ferriss fixated on one life changing question For all things physical what are the tiniest changes that produce the biggest results Thousands of tests later this book contains the answers for both men and women It s the wisdom Tim used to gain 34 pounds of muscle in 28 days without steroids and in four hours of total gym time From the gym to the bedroom it s all here and it all works You will learn in less than 30 minutes each How to lose those last 5 10 pounds or 100 pounds with odd combinations of food and safe chemical cocktails How to prevent fat gain while bingeing over the weekend or the holidays How to sleep 2 hours per day and feel fully rested How to produce 15 minute female orgasms How to triple testosterone and double sperm count How to go from running 5 kilometers to 50 kilometers in 12 weeks How to reverse permanent injuries How to pay for a beach vacation with one hospital visit And that s just the tip of the iceberg There are more than 50 topics covered all with real world experiments many including more than 200 test subjects You don t need better genetics or more exercise You need immediate results that compel you to continue That s exactly what The 4 Hour Body delivers

**The Carolina Club Boy**, 1926 Bulletin, 1929 **Organizing the Corn-Belt Farm for Profitable Production** Charles Bovett Sayre, Clyde Melvin Woodworth, Emil Wilhelm Lehmann, Frederick Charles Bauer, George Harlan Dungan, Harold Clayton M. Case, Harry Warren Anderson, John Jacob Pieper, John William Lloyd, Paul Hubert Tracy, Robert Childers Ashby, Robert Graham, Roger Hammond Bray, Roscoe Raymond Snapp, Sleeter Bull, Victor Wendell Kelley, William Garfield Kammlade, Everett A. Tunnickliff, Frank C. Kingsley, Harrison August Ruehe, Horace Mead Newell, John Harvey Knox, John Harwood Longwell, Lucian Hart Strubinger, R. H. Wilcox, Wesley Pillsbury Flint, William Leonidas Burlison, Frank Paul Sanmann, Herbert Andrew Berg, Ivan Bertrand Boughton, 1929 **Recent Progress in Solving Some Farm Problems of Illinois** University of Illinois at Urbana-Champaign. Agricultural Experiment Station, 1929 **Annual Report** Massachusetts. Board of Prison Commissioners, 1913 **Bulletins of the Agricultural Experiment Station** University of Illinois at Urbana-Champaign. Agricultural Experiment Station, 1929 The Ohio Cultivator, 1857 **National Stockman and Farmer**, 1926 *Berkshire Year Book and Breeding Herds*, 1894 **Hoard's Dairyman**, 1898 Sheep Feeding Frederick Bloomfield Linfield, 1905 *1998 American Forage and Grassland Council Proceedings*, 1998 **The Relief Problem in Montana**

Carl Frederick Kraenzel, Luther Foster, Montana Agricultural Experiment Station, Ryon, A. M., S. M. Emery, Walter Long Williams, 1904      **The Prairie Farmer** , 1849 A leading agricultural magazine founded by the Union Agricultural Society of Chicago and a champion of farmers rights Besides articles on agriculture horticulture and stock raising it provided general and market news a children s column and departments dealing with health household problems and veterinary medicine Cf American periodicals 1741 1900      American Agriculturist , 1902      *First[-fifteenth] Annual Report of the Board of Prison Commissioners of Massachusetts ..* Massachusetts. Board of Prison Commissioners, 1913      **Sheep Feeding** Frank Weiss Traphagen, Frederick Bloomfield Linfield, Henry C. Gardiner, Joseph William Blankinship, R. W. Fisher, Robert Allen Cooley, Samuel Fortier, 1903      **Kimball's Dairy Farmer** , 1912      *Journal of the American Veterinary Medical Association* American Veterinary Medical Association, 1921 Vols for 1915 49 and 1956 include the Proceedings of the annual meeting of the association

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