

"IF YOU CROSSED JASON BOURNE WITH JULIA CHILD, YOU'D END UP WITH TIM FERRISS."

—Marco Canora, Chef-Partner of Hearth and Terroir

The 4-Hour CHEF



THE SIMPLE PATH TO COOKING LIKE A PRO,
LEARNING ANYTHING,
AND LIVING THE GOOD LIFE

FROM #1 NEW YORK TIMES BEST-SELLING AUTHOR

TIMOTHY FERRISS

Resumo de The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living the Good Life

WHAT IF YOU COULD BECOME WORLD-CLASS IN ANYTHING IN 6 MONTHS OR LESS? "The 4-Hour Chef" isn't just a cookbook. It's a choose-your-own-adventure 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.

Ferriss uses cooking to explain meta-learning, a step-by-step process that can be used to master anything, whether searing steak or shooting 3-pointers in basketball. That is the real recipe of "The 4-Hour Chef." You'll train inside the kitchen for everything outside the kitchen.

Featuring tips and tricks from chess prodigies, world-renowned chefs, pro athletes, master sommeliers, super models, and everyone in between, this cookbook for people who don't buy cookbooks is a guide to mastering cooking and life.

"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. These are the ABCs (techniques) that can take you from Dr. Seuss to Shakespeare. 3. THE WILD. Becoming a master student requires self-sufficiency in all things.

WILD teaches you to hunt, forage, and survive. 4. THE SCIENTIST. SCI is the mad scientist and modernist painter wrapped into one. This is where

you rediscover whimsy and wonder.5. THE PROFESSIONAL.

Swaraj, a term usually associated with Mahatma Gandhi, can be translated as self-rule. In PRO, we'll look at how the best in the world become the best in the world, and how you can chart your own path far beyond this book."

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