

"This is a whole new ball game. Highly recommended."  
—DR. STEWART D. FRIEDMAN,  
director of the Work/Life Integration Project, The Wharton School

# The 4-Hour Workweek



THE #1 NEW  
YORK TIMES  
BESTSELLER AND  
INTERNATIONAL  
PHENOMENON

ESCAPE 9-5, LIVE ANYWHERE,  
AND JOIN THE NEW RICH

EXPANDED AND UPDATED

TIMOTHY FERRISS

# Resumo de The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich

More than 100 pages of new, cutting-edge content. Forget the old concept of retirement and the rest of the deferred-life plan—there is no need to wait and every reason not to, especially in unpredictable economic times.

Whether your dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management, or just living more and working less, The 4-Hour Workweek is the blueprint.

This step-by-step guide to luxury lifestyle design teaches:

- How Tim went from \$40,000 per year and 80 hours per week to \$40,000 per month and 4 hours per week
- How to outsource your life to overseas virtual assistants for \$5 per hour and do whatever you want
- How blue-chip escape artists travel the world without quitting their jobs
- How to eliminate 50% of your work in 48 hours using the principles of a forgotten Italian economist
- How to trade a long-haul career for short work bursts and frequent “mini-retirements”

The new expanded edition of Tim Ferriss’ The 4-Hour Workweek includes:

- More than 50 practical tips and case studies from readers (including families) who have doubled income, overcome common sticking points, and reinvented themselves using the original book as a starting point
- Real-world templates you can copy for eliminating e-mail, negotiating with bosses and clients, or getting a private chef for less than \$8 a meal
- How Lifestyle Design principles can be suited to unpredictable economic times
- The latest tools and tricks, as well as high-tech shortcuts, for living like a diplomat or millionaire without being either

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