



Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers (Paperback)

By Timothy Ferriss

Ebury Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. #1 New York Times Bestseller The latest groundbreaking tome from Tim Ferriss, the best-selling author of *The 4-Hour Workweek*. From the author: For the last two years, I've interviewed nearly two hundred world-class performers for my podcast, *The Tim Ferriss Show*. The guests range from super celebs (Jamie Foxx, Arnold Schwarzenegger, etc.) and athletes (icons of powerlifting, gymnastics, surfing, etc.) to legendary Special Operations commanders and black-market biochemists. For most of my guests, it's the first time they've agreed to a two-to-three-hour interview, and the show is on the cusp of passing 100 million downloads. This book contains the distilled tools, tactics, and `inside baseball you won't find anywhere else. It also includes new tips from past guests, and life lessons from new `guests you haven't met. What makes the show different is a relentless focus on actionable details. This is reflected in the questions. For example: What do these people do in the first sixty minutes of each morning? What do their workout routines look like, and why? What books have they gifted most to other people? What are the biggest...



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