



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

By Timothy Ferriss

HOUGHTON MIFFLIN, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. 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...



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS