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**The 4 Hour
Workweek
Escape 9 5
Live
Anywhere
And Join
The New
Rich**

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**SHORTLISTED
FOR THE
BUSINESS BOOK
AWARDS 2021 In
The 4 Day Week,
entrepreneur and
business innovator
Andrew Barnes
makes the case for
the four-day work
week as the answer
to many of the ills
of the 21st-century
global economy.**

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**Barnes conducted
an experiment in
his own business,
the New Zealand
trust company
Perpetual
Guardian, and
asked his staff to
design a four-day
week that would
permit them to
meet their existing
productivity
requirements on**

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**the same salary but
with a 20% cut in
work hours. The
outcomes of this
trial, which no
business leader
had previously
attempted on these
terms, were
stunning. People
were happier and
healthier, more
engaged in their
personal lives, and**

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**more focused and
productive in the
office. The world of
work has seen a
dramatic shift in
recent times: the
former security
and benefits
associated with
permanent
employment are
being displaced by
the less stable gig
economy. Barnes**

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**explains the
dangers of a focus
on flexibility at the
expense of hard-
won worker
protections, and
argues that with
the four-day week,
we can have the
best of all worlds:
optimal
productivity, work-
life balance,
worker benefits**

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**and, at long last, a
solution to
pervasive economic
inequities such as
the gender pay gap
and lack of
diversity in
business and
governance. The 4
Day Week is a
practical, how-to
guide for business
leaders and
employees alike**

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**that is applicable
to nearly every
industry. Using
qualitative and
quantitative data
from research
gathered through
the Perpetual
Guardian trial and
other sources by
the University of
Auckland and
Auckland
University of**

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Technology, the book presents a step-by-step approach to preparing businesses for productivity-focused flexibility, from the necessary cultural conditions to the often complex legislative considerations.

The story of

Page 9/233

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**Perpetual
Guardian's
unprecedented
work experiment
has made
headlines around
the world and
stormed social
media, reaching a
global audience in
more than seventy
countries. A mix of
trenchant analysis,
personal**

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**observation and
actionable advice,
The 4 Day Week is
an essential guide
for leaders and
workers seeking to
make a change for
the better in their
work world.**

**10TH
ANNIVERSARY
EDITION Is the
financial plan of
mediocrity -- a**

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**dream-stealing,
soul-sucking
dogma known as
"The Slowlane"
your plan for
creating wealth?
You know how it
goes; it sounds a lil
something like
this: "Go to school,
get a good job,
save 10% of your
paycheck, buy a
used car, cancel**

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the movie
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drinking expensive
Starbucks mocha
lattes, save and
penny-pinch your
life away, trust
your life-savings to
the stock market,
and one day, when
you are oh, say, 65
years old, you can
retire rich." The
mainstream

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financial gurus
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blindly down the
river to a great
financial gamble:
You've been
hoodwinked to
believe that wealth
can be created by
recklessly trusting
in the
uncontrollable and
unpredictable
markets: the

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**housing market,
the stock market,
and the job
market. This
impotent financial
gamble dubiously
promises wealth in
a wheelchair --
sacrifice your adult
life for a financial
plan that reaps
dividends in the
twilight of life.**

Accept the

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**Slowlane as your
blueprint for
wealth and your
financial future
will blow carelessly
asunder on a
sailboat of HOPE:
HOPE you can find
a job and keep it,
HOPE the stock
market doesn't
tank, HOPE the
economy rebounds,
HOPE, HOPE, and**

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**HOPE. Do you
really want HOPE
to be the New Rich
centerpiece for
your family's
financial plan?
Drive the Slowlane
road and you will
find your life
deteriorate into a
miserable
exhibition about
what you cannot
do, versus what you**

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**can. For those who
don't want a**

lifetime

subscription to

"settle-for-less"

**and a slight chance
of elderly riches,**

there is an

alternative; an

expressway to

extraordinary

wealth that can

burn a trail to

financial

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**independence
faster than any
road out there.**

**Why jobs, 401(k)s,
mutual funds, and
40-years of
mindless frugality
will never make
you rich young.**

**Why most
entrepreneurs fail
and how to
immediately put
the odds in your**

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**favor. The real law
of wealth: Leverage
this and wealth has
no choice but to be
magnetized to you.
The leading cause
of poorness:
Change this and
you change
everything. How
the rich really get
rich - and no, it has
nothing to do with
a paycheck or a**

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**401K match. Why
the guru's grand
deity - compound
interest - is an
impotent wealth
accelerator. Why
the guru myth of
"do what you love"
will most likely
keep you poor, not
rich. And 250+
more poverty
busting
distinctions...**

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**Demand the
Fastlane, an
alternative road-to-
wealth; one that
actually ignites
dreams and creates
millionaires young,
not old. Change
lanes and find your
explosive wealth
accelerator. Hit the
Fastlane, crack the
code to wealth, and
find out how to live**

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**rich for a lifetime.
How maverick
companies have
passed up the
growth treadmill —
and focused on
greatness instead.
It's an axiom of
business that great
companies grow
their revenues and
profits year after
year. Yet quietly,
under the radar, a**

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**small number of
companies have
rejected the
pressure of endless
growth to focus on
more satisfying
business goals.
Goals like being
great at what they
do, creating a
great place to
work, providing
great customer
service, making**

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**great contributions
to their**

communities, and

**finding great ways
to lead their lives.**

**In Small Giants,
veteran journalist**

Bo Burlingham

takes us deep

inside fourteen

remarkable

companies that

have chosen to

march to their own

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**drummer. They
include Anchor
Brewing, the
original
microbrewer;
CitiStorage Inc.,
the premier
independent
records-storage
business; Clif Bar
& Co., maker of
organic energy
bars and other
nutrition foods;**

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**Righteous Babe
Records, the
record company
founded by singer-
songwriter Ani
DiFranco; Union
Square Hospitality
Group, the
company of
restaurateur Danny
Meyer; and
Zingerman's
Community of
Businesses,**

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**including the world-
famous
Zingerman's Deli
of Ann Arbor.**

**Burlingham shows
how the leaders of
these small giants
recognized the full
range of choices
they had about the
type of company
they could create.
And he shows how
we can all benefit**

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**by questioning the
usual definitions of
business success.**

**In his new
afterward,
Burlingham
reflects on the
similarities and
learning lessons
from the small
giants he covers in
the book.**

**In this revised and
updated edition of**

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**her classic,
bestselling book,
Karen Kingston
draws on her
wealth of
experience as a
clutter clearing,
space-clearing, and
feng shui
practitioner to
show you how to
transform your life
by letting go of
clutter. Her unique**

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approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been

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holding you back!

You will learn: -

Why people keep Rich

**clutter - How
clutter causes
stagnation in your
life - How to clear
clutter quickly and
effectively - How to
live clutter-free**

**This is a summary
of Timothy Ferriss'
bestseller, "The
4-Hour Workweek:**

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Escape 9-5, Live
Anywhere, and Join
the New Rich by
Timothy Ferriss."

This summary is
intended to give
you an in depth
overview of the key
concepts and ideas
of the book. At
Summary Books,
we read every
chapter, extract
the meaning and

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**leave you with a
new perspective
and time to spare.
We do the work so
you can
understand the
book in minutes,
not hours. This
concise book
summary will help
you cut through
the nearly 420
page full version of
The 4-Hour**

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**Workweek and
quickly understand
the key concepts
and ideas. Summary
Books summarizes
the best books on
the market, giving
you the key
concepts and
ideas...In Your
Lunch Hour or
Less. Summary And
Key Points Of Best
Seller, "The 4-Hour**

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**Workweek" Do you
find yourself
wasting too much
of your most
productive hours?
Are you doing what
is necessary but
don't bring
maximum benefit
to your overall
productivity? Do
you often have to
work longer hours
every day because**

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you have too many interruptions that make it hard to stay focused on your goals? If the answer is yes to these questions, you need to read this book! This book contains a summary and proven steps and strategies, on how to live anywhere,

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and join the new rich, based on the life-changing book, "The 4-Hour Workweek". How would you gauge your productivity level on a scale of 1-10? Do you think every moment you spend at your work desk yields as much productivity as you would like?

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Or do you feel that you could do a lot more only if you were not overwhelmed by the many small things that you have to do in order to keep your operations in order? Think of the mindless things you do every day, week, month or

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**even year that take
up your time; it
could be booking
for hotels,
responding to
customer inquiries,
marketing your
books, writing
complaint letters,
proofreading,
editing website
content,
researching about
some information**

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**you found recently
and lots of other
things. This book
will give you a
quick summary of
the important key
points on how to
actually outsource,
automate, and
specialize as
taught in The 4
Hour Week.
Timothy Ferriss
doesn't use**

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**"outsource,
automate and
specialize" in his
book. Instead, he
uses the acronym
DEAL. DEAL in this
case means
Definition,
Elimination,
Automation and
Liberation. Take
action today to
change the rest of
your life and order**

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Tribe of Mentors

The 4-Hour New Rich

**Workweek: Escape
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Rich**

The Aladdin Factor

The 4-Hour

Workweek,

Expanded and

Updated

Make Great Money.

Work the Way You

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You Want
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**Short Life Advice
from the Best in
the World**

PLEASE NOTE:

**This is a
companion to
Timothy Ferriss's
The 4-Hour**

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**Workweek and
NOT the original
book. Preview: The
4-Hour Workweek:
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Anywhere, and
Join the New Rich
is a manifesto
calling for workers
everywhere to rise
up and flee their
cubicles in pursuit
of a life guided by**

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**their passions and
not their
paychecks. It
offers a practical,
step-by-step guide
that can be
followed by people
who are not
independently
wealthy but who
don't want to be
slaves to their jobs
until retirement...**

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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**

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**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,**

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**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**

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**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**

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**produce the
biggest results?**

Thousands of

**tests later, this
book contains the
answers for both
men and women.**

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Tim used to gain
34 pounds of
muscle in 28 days,
without steroids,
and in four hours**

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**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**

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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

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**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**

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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

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**that compel you to
continue. That's
exactly what The
4-Hour Body
delivers.**

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wisdom from 130
of the world's
highest achievers
in short, action-
packed pieces,
featuring inspiring
quotes, life**

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lessons, career
guidance, personal
anecdotes, and

other advice

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read. With warmth,
honesty, and
storytelling, Lynne
turns everything
we think we know
about money
upside down...It's
the book we all

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need right now."

**—Brené Brown,
Ph.D., author of
the #1 New York
Times bestseller
Rising Strong This
liberating book
shows us that
examining our
attitudes toward
money—earning it,
spending it, and
giving it**

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**away—offers
surprising insight
into our lives.**

**Through personal
stories and
practical advice,
Lynne Twist asks
us to discover our
relationship with
money,
understand how
we use it, and by
assessing our core**

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**human values,
align our
relationship with it
to our desired
goals. In doing so,
we can transform
our lives. The Soul
of Money now
includes a
foreword from
Jack Canfield and
a new introduction
by Lynne Twist, in**

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**which she
explores the
effects of the Great
Recession and
environmental
concerns about
our monetary
needs and aims.**

**Summary: the
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Way to Build Good
Habits & Break**

Bad Ones

Crack the Code to

Wealth and Live

Rich for a Lifetime

The Tactics,

Routines, and

Habits of

Billionaires, Icons,

and World-class

Performers

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**How to Know
What's Really Real
in a World**

**Increasingly Full of
Fake**

**How the Flexible
Work Revolution
Can Increase
Productivity,
Profitability and
Well-being, and
Create a**

Sustainable Future

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**Daily Meditations
For Working
Through Grief**
*A behavioral
scientist
explores love,
belongingness,
and
fulfillment,
focusing on
how modern
technology can*

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*both help and
hinder our
need to*

connect.

*Millions of
people around
the world are
not getting
the physical,
emotional, and
intellectual
intimacy they*

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**crave. Through
the wonders of
modern**

**technology, we
are connecting
with more
people more
often than
ever before,
but are these
connections
what we long**

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**for? Pandemic
isolation has
made us even
more alone. In
Out of Touch,
Professor of
Psychology
Michelle
Drouin
investigates
what she calls
our intimacy**

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famine,
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exploring
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love,
belongingness,
and
fulfillment
and
considering
why
relationships
carried out on
technological

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**platforms may
leave us
starving for
physical
connection.**

**Drouin puts it
this way: when
most of our
interactions
are through
social media,
we are taking**

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*tiny hits of
dopamine
rather than
the huge shots
of oxytocin
that an
intimate in-
person
relationship
would provide.
Drouin
explains that*

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***intimacy is
not just
sex—although
of course sex
is an
important part
of intimacy.
But how
important?
Drouin reports
on surveys
that***

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millennials
(perhaps
distracted by
constant Tinde
r-swiping)
have less sex
than previous
generations.
She discusses
pandemic
puppies,
professional

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***cuddlers, the
importance of
touch, “desire
discrepancy”
in marriage,
and the value
of
friendships.
Online dating,
she suggests,
might give
users too many***

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*options; and
the internet
facilitates "i
nfidelity-
related
behaviors."*

*Some
technological
advances will
help us
develop and
maintain*

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intimate relationships—our phones, for example, can be bridges to emotional support. Some, on the other hand, might leave us out of touch.

Drouin

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**explores both
of these
possibilities.**

**The 4-Hour
Workweek ...in
30 minutes is
the essential
guide to
quickly
learning how
to break free
from the 9-5**

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**and embrace
the
revolutionary
New Rich world
as outlined in
Timothy
Ferriss's best-
selling book,
The 4-Hour
Workweek:
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**and Join the
New Rich. In
The 4-Hour**

**Workweek, best-
selling author
Timothy
Ferriss**

**asserts that
anyone who is
willing to
adopt a new
set of**

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*rules - - one
that centers
on creating
freedom and
automated
income rather
than relying
on
conventional
concepts of
wealth - - can
successfully*

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**embrace the
New Rich
lifestyle. As
Ferriss
explains, the
New Rich are
people who
reject the
model for
living that
focuses on
years of**

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ement--and
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promise of joy
that's yours
for the
asking. We
have the
ability at our
fingertips to**

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things. It's
the Aladdin
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magical
wellspring of
confidence,
desire—and the
willingness to
ask—that
allows us to
make wishes**

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**The Aladdin
Factor helps
us by
pinpointing
the major
stumbling
blocks to
asking—and
teaching
simple
techniques to**

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**overcome them.
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inspirational
stories about
people who
have succeeded
by asking for
what they
want, this
book shows us
how to turn
our lives**

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matter what
kind of
obstacles we
face. And with
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can reap the
riches of a
truly well-
lived life—a
treasure that**

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**comes not from
an enchanted
lamp, but from
the heart.**

**The 4-hour
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**describes the
life of the
New Rich,
people who've**

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***emancipated
themselves
from the
slavery of
office work
and built a
life centered
around
happiness in
the here and
now. If you
want to lead***

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**such a life
too, you'll
have to start
by being more
productive and
finding a
source of
continuous -
and almost
entirely
passive -
income. These**

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*pages will
show you how.*

A Good Food

Day

Clear Your

Clutter with

Feng Shui

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**and Join the
New Rich -
Summary**

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summary of
Timothy Ferriss'
book The 4-Hour
Work Week. It
provides one
with a blueprint
that enables you
to spread your*

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*wings, travel the
world, and leave
the rat race. The
guide sets out
the steps that
enable you the
lifestyle you of
your dreams.
Forget the old
concept of
retirement and
the rest of the*

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*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,*

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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.*

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variety of
formats, this
summary is
aimed for those
who want to
capture the gist
of the book but
don't have the
current time to
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benefits and
lessons the
actual book has
to offer. This
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Millennial
blogger
recounts her
yearlong
shopping ban in
a memoir that
inspires readers
to radically
simplify their
own lives and*

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*redefine what it
means to have,
and be,*

*"enough." In her
late twenties,
Cait Flanders
found herself
stuck in the
consumerism
cycle that grips
so many of us:
earn more, buy*

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Hour Workweek
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more, want
Anywhere And
more, rinse,
Join The New Rich
repeat. Even
after she worked
her way out of
nearly \$30,000
of consumer
debt, her old
habits took hold
again. When she
realized that
nothing she was

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*doing or buying
was making her
happy--only
keeping her
from meeting
her goals--she
decided to set
herself a
challenge: she
would not shop
for an entire
year. Now*

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*available for the
first time in
paperback, The*

*Year of Less
documents*

*Cait's life for
twelve months
during which
she bought only
consumables:*

*groceries,
toiletries, gas for*

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*her car. Along
the way, she
challenged
herself to
consume less of
many other
things besides
shopping. She
decluttered her
apartment and
got rid of 70
percent of her*

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*belongings;
learned how to
fix things rather
than throw them
away;
researched the
zero waste
movement; and
completed a
television ban.
At every stage,
she learned that*

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*the less she
consumed, the
more fulfilled
she felt. The
challenge
became a
lifeline when, in
the course of
the year, Cait
found herself in
situations that
turned her life*

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*upside down. In
the face of
hardship, she
realized why she
had always
turned to
shopping,
alcohol, and
food--and what
it had cost her.
Unable to reach
for any of her*

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*usual vices, she
changed habits
she'd spent*

*years perfecting
and discovered
what truly*

mattered to her.

*Blending Cait's
compelling story
with inspiring
insight and
practical*

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guidance, The
Anywhere And
Year of Less will
Join The New Rich
leave you
questioning
what you're
holding on to in
your own
life--and, quite
possibly, lead
you to find your
own path of
less.

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bestseller. Over
4 million copies
sold! *Tiny
Changes,
Remarkable
Results No
matter your
goals, Atomic
Habits offers a
proven*

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*framework for
improving--ever
y day. James*

*Clear, one of the
world's leading
experts on habit
formation,
reveals practical
strategies that
will teach you
exactly how to
form good*

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*habits, break
bad ones, and
master the tiny
behaviors that
lead to
remarkable
results. If you're
having trouble
changing your
habits, the
problem isn't
you. The*

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*problem is your
system. Bad
habits repeat
themselves
again and again
not because you
don't want to
change, but
because you
have the wrong
system for
change. You do*

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*not rise to the
level of your
goals. You fall to
the level of your
systems. Here,
you'll get a
proven system
that can take
you to new
heights. Clear is
known for his
ability to distill*

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*complex topics
into simple
behaviors that
can be easily
applied to daily
life and work.
Here, he draws
on the most
proven ideas
from biology,
psychology, and
neuroscience to*

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*create an easy-
to-understand
guide for*

*making good
habits inevitable
and bad habits
impossible.*

*Along the way,
readers will be
inspired and
entertained with
true stories from*

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*craft and vault
to the top of
their field. Learn
how to: • make
time for new
habits (even
when life gets
crazy); •
overcome a lack
of motivation
and willpower; •
design your*

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*environment to
make success
easier; • get
back on track
when you fall off
course; ...and
much more.*

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will reshape the
way you think
about progress
and success,*

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habits--whether
you are a team
looking to win a
championship,
an organization
hoping to
redefine an

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*industry, or
simply an
individual who
wishes to quit
smoking, lose
weight, reduce
stress, or
achieve any
other goal.*

*The must-read
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*4-Hour
Workweek"*
*introduces you
to the lifestyle of
people who
have decided
against the 9-5
jobs and have
organised their
lives according
to a set of rules
that allows them*

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without being
chained to a
desk. Discover
how time and
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work to your
advantage and
how you can
become one of
the 'New Rich' in

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time well offers
practical solutions
to the problem.

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prevent dragons
from being lured
to their deaths in
the past is
implemented since
that method of
trickery could also
have been the
means to kill the

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new dragon
prince, Joyyah. He
is born on

Mother's Day, but
not in the location
Woonfred and
Kira had planned.

It became
necessary to
create a new
world for the
dragons (thanks
Liponie) to

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prevent their
capture by a
relentless tracker.

A plot to kill
Commander

Ashtar results in
the deportation of
Chu who are not
residence of

Earth. On the
lighter side:

Pootie gets a new
life; Cardmah, a

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leprechaun, talks
about gold and
raspberry pie.

The Swizzlers are
successful at
meditating-on
chocolate-and are
masters at
skateboarding.

They are happy to
wear suspenders
after they learn it
is not necessary

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to expose a
certain part of
their anatomy.
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practical tools to
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work and built a life
centered around

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happiness in the
here and now. If
you want to lead
such a life too,
you'll have to start
by being more
productive and
finding a source of
continuous - and
almost entirely
passive - income.
These blinks will
show you how.

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ABOUT THE

AUTHOR: Tim

Ferriss is a

successful investor

and advisor to

technology start-

ups. He was

involved in the

creation of

companies like

Uber, Facebook and

Alibaba, to name

just a few. He is

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also the creator of a
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humble life. This
book has been

designed to teach
steps to be taken in
a luxurious lifestyle.

The author has
further elaborated
this by giving Tim
as an example.

Initially, Tim used to
earn \$40,000
annually but later

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on he started
earning the same
amount on a
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ever-widening
gaps in his Ivy
League education,
A.J. Jacobs sets for
himself the
daunting task of
reading all thirty-
two volumes of
the Encyclopaedia
Britannica. His
wife, Julie, tells
him it's a waste of

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time, his friends believe he is losing his mind, and his father, a brilliant attorney who had once attempted the same feat and quit somewhere around Borneo, is encouraging but, shall we say,

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unconvinced.
With self-
deprecating wit
and a disarming
frankness, The
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recounts the
unexpected and
comically
disruptive effects
Operation
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on every part of
Jacobs's life --
from his newly
minted marriage
to his complicated
relationship with
his father and the
rest of his
charmingly
eccentric New
York family to his
day job as an

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editor at Esquire.
Jacobs's project
tests the outer
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stamina and
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and the paralyzing
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University, this
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tactics to escape
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Sex, and
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This summary is intended to give you an in depth overview of the key concepts and ideas of the book. At Summary Books, we read every chapter, extract the meaning and leave you with a new perspective and time to spare.

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wasting too much
of your most
productive hours?
Are you doing what
is necessary but
don't bring
maximum benefit
to your overall
productivity? Do
you often have to
work longer hours
every day because
you have too many
interruptions that

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would you gauge
your productivity
level on a scale of
1-10? Do you think
every moment you
spend at your work
desk yields as
much productivity
as you would like?
Or do you feel that
you could do a lot

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more only if you
were not
overwhelmed by
the many small
things that you
have to do in order
to keep your
operations in
order? Think of the
mindless things
you do every day,
week, month or
even year that take
up your time; it

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could be booking
for hotels,

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content,
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intimidating to
realize that we live
in a world
overflowing with
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