

The 4-Hour Workweek - Timothy Ferriss

About the author

- books: *The 4-Hour Workweek: Escape 9-5: Live Anywhere, And Join the New Rich*
- former:
 - advisor to athletes
 - National Chinese Kickboxing Champion
- 4-Hour Workweek: 10% of the royalties will be donated to educational charities

4-Hour Workweek

- Does make a lot of promises..
- Not everything may be applicable for you (Broad message is what's important)
- His ideas are important (rather than all the details, the details are about his journey)

You..

- Most of us as kids: were indoctrinated in that industrial-age philosophy
- ... go to school so you can get good grades
- ... so you can get into a good college: where you get good grades
- ... so you can get a good job: where you can work your way up the ladder
- ... so you can "suck it up and do your time": while you enjoy your life on:
 - the evening weekends and eventually when you retire
- Source

80/20 rule

- 80% of our time: we do the least important things
- 20% of our time: we dedicate to really important stuff
- Which 20%:
 - are causing the 80% of doing unimportant things?
 - are resulting in 80% of my succes?

Definition

- What a person really wants: figure out what it really costs to get there
- Define objectives
- Set goals

Opinions

- Negative: Whack ideas, Theories presented by Tim existed long before the 4-Hour Workweek
- Positive: for the inspiration and the ideas alone, it's worth reading, "a solid resource to challenge your thinking"

Liberation

- things that complicate life: email, instant messaging, smartphones
- hire virtual assistants: from developing countries, will free up personal time
- perhaps work from home

Automation

- source of income: automatic, sustainable
- techniques:
 - dropshipping: transfer customer orders directly to manufacturer or wholesaler
 - automation
 - outsourcing
 - "Outsource your life"
- Look at: what you specifically could automate

Elimination

- Everything you shouldn't do
- The 80% things that are not important
- learn to:
 - ignore distractions
 - say no
- Work smarter: not faster