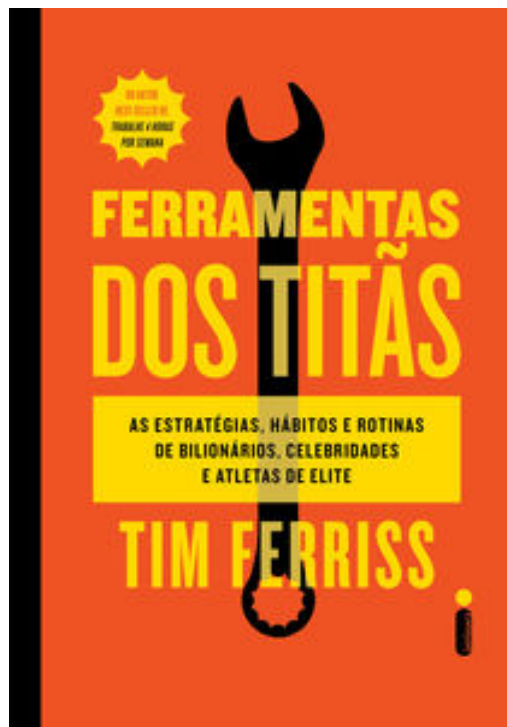


Baixar Livros Gratuitos Ferramentas Dos Titãs (PDF|ePub|Mobi|Mp3|Txt) Tim Ferriss Amor



Baixar livros gratuitos Ferramentas dos Titãs (PDF|ePub|Mobi|Mp3|Txt) Tim Ferriss amor, Lições de vida, táticas e ferramentas para alcançar sucesso, produtividade e reconhecimento

Tim Ferriss, autor best-seller do *The New York Times*, já entrevistou mais de 200 convidados no The Tim Ferriss Show, podcast que ultrapassou a marca de 200 milhões de downloads. Celebidades como Arnold Schwarzenegger, investidores como Ben Horowitz, atletas lendários, oficiais do Comando de Operações Especiais dos Estados Unidos e até cientistas estão entre os titãs que passaram pelo programa. Depois de dois anos de entrevistas, Tim decidiu reunir em um livro as conversas e as respostas a perguntas como: O que você faz na primeira hora depois de acordar?; Qual é sua rotina de exercícios?; Quais são as maiores perdas de tempo para os novatos em sua área de atuação?; Que suplementos você toma?.

Depois de testar e aplicar na própria rotina todas as dicas dos entrevistados, o autor garante que as ferramentas o salvaram de anos de esforços desperdiçados e frustração. E agora, as melhores táticas — que ajudaram Tim a dobrar sua renda, flexibilidade e felicidade — estão disponíveis em *Ferramentas dos titãs*.

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