

From *The 4-Hour Chef*, the latest book by #1 *New York Times* bestselling author Tim Ferriss. <u>Available here</u>.

ED COOKE'S	DIAMONDS:	DIAMONDS:	DIAMONDS:	o∯o CLUBS:	∳ CLUBS:	••• CLUBS:	♥ HEARTS:	♥ HEARTS:	♥ HEARTS:	♠ SPADES:	♠ SPADES:	♠ SPADES:	NOTES
CARD MATRIX	PERSON (EXPENSIVE, STYLISH, BLING)	VERB	OBJECT	PERSON (TOUGH, SERIOUS, CRAZY, OR BAD)	VERB	OBJECT	PERSON (LOVABLE, BEAUTIFUL, GOOD)	VERB	OBJECT	PERSON (HUMOROUS OR ABSURD)	VERB	OBJECT	 Odd numbers are male, even numbers are female.
KING CELEB COUPLE	PRINCE WILLIAM, The rescue Pilot	AIRLIFTING Someone Off	THE SEA.	JAY-Z	RAPPING INTO	A GIANT Microphone.	BARACK OBAMA	FLY-SWATTING	A BUZZING FLY.	DAVID BECKHAM	KICKING	A SOCCER BALL.	 It's good to have occasional crazy ones. Read these as sentences.
QUEEN CELEB COUPLE	PRINCESS KATE	WEARING A BEAUTIFUL DRESS IN	A CHURCH.	BEYONCÉ	POWER- Dancing on	A BEACH.	MICHELLE OBAMA	DOING JUMPING Jacks on	THE WHITE HOUSE LAWN.	VICTORIA Beckham	APPLYING Lipstick In Front of	A MIRROR.	 If you prefer, you can replace any or all of these with people you actually know.
JACK RELIGIOUS FIGURES	ZEUS	DISGUISING Himself as	A SWAN.	POPE JOHN Paul II	TEARFULLY FORGIVING	THE MAN WHO Just shot him.	JESUS CHRIST	WALKING ON	A LAKE.	THE DALAI LAMA	PRAYING TO	A BUDDHA.	
10 FAMOUSLY POWERFUL WOMEN	OPRAH Winfrey	INTERVIEWING On	A COUCH.	HILLARY CLINTON	SLAPPING	MONICA LEWINSKY.	J.K. ROWLING	WRITING A Story about	HARRY POTTER.	SARAH PALIN	RIFLE Shooting	A MOOSE.	
9 FAMOUSLY POWERFUL MEN	BILL Gates	CACKLING Madly at	A CRASHING PC.	MARK Zuckerberg	UNFRIENDING	HIS Best Friend.	STEVE JOBS	TAKING LSD AND INVENTING	THE IPAD.	KEVIN ROSE	DRINKING	TEA.	
8 FAMOUS FEMALE PHYSIQUES	MARILYN Monroe	'S DRESS Ballooning Up Over	A SUBWAY Vent.	MEDUSA	TURNING TO Stone with An ICY Glare	A STATUE.	PAMELA Anderson	SAVING	A DROWNING Child.	NAOMI Campbell	SMACKING A MAID WITH	A HANDBAG.	
FAMOUS MALE PHYSICISTS	ISAAC Newton	GETTING HIT ON THE HEAD By	AN APPLE.	GALILEO	LOOKING Through A Telescope at	THE MOON.	EINSTEIN	TRAVELING AT Light speed Alongside	A BEAM OF Light.	STEPHEN Hawking	SPEAKING WITH ROBOT Voice From	A WHEELCHAIR.	
6 CONTROVERSIAL FEMALES	MADONNA	STRIKING Yoga Poses In Front of	AN '80S Boom Box.	RIHANNA	HOLDING AN UMBRELLA IN	A RAIN STORM.	TAYLOR SWIFT	BEING VICIOUSLY Insulted by	KANYE WEST.	LADY GAGA	WEARING A MEAT DRESS FOR	THE PAPARAZZI.	
5 CONTROVERSIAL MALES	STALIN	TELLING AN AMUSING JOKE TO	A DANCING Bear.	HITLER	GOOSE- STEPPING INTO	A BUNKER.	JULIAN ASSANGE	VANISHING IN	A PUFF OF Smoke.	OSAMA BIN LADEN	RECORDING A GHETTO VIDEO WITH	A SUICIDE Bomber.	
4 FEMALE MOVIE STARS	JULIA ROBERTS	FRENCH- KISSING	RICHARD GERE.	ANGELINA JOLIE AS Lara Croft	KARATE KICKING	AN ANCIENT TOMB.	SCARLETT Johansson	GETTING Drunk With	BILL MURRAY.	REESE WITHERSPOON AS JUNE CARTER	PLAYING GUITAR WITH	JOHNNY CASH.	
3 MALE MOVIE STARS	GEORGE CLOONEY	SMOKING	A CIGARETTE.	JOHNNY DEPP As Jack Sparrow	MAKING Piratical Noises with	A PIRATE SHIP.	TOM HANKS	RUNNING LIKE Forrest gump Through	THE WOODS.	BEN STILLER	GETTING A LIE-DETECTOR TEST FROM	ROBERT DE NIRO.	
2 SPORTSWOMEN	ANNA KOURNIKOVA	SUNBATHING On top of	ENRIQUE IGLESIAS.	THE WILLIAMS SISTERS	LIFTING INTO THE AIR	THE WIMBLEDON Trophy.	FLO-JO	RECEIVING A GOLD MEDAL WHILE SINGING ALONG TO	"THE STAR- Spangled Banner."	ANNIKA SÖRENSTAM	DRIVING	A GOLF BALL.	
ACE SPORTSMEN	MICHAEL Jordan	SLAM- Dunking	A BASKETBALL.	MUHAMMAD ALI	PUNCHING	A BUTTERFLY.	ROGER FEDERER	SERVING	A TENNIS BALL.	USAIN BOLT	RUNNING RIDICULOUSLY FAST AFTER	A CHEETAH.	