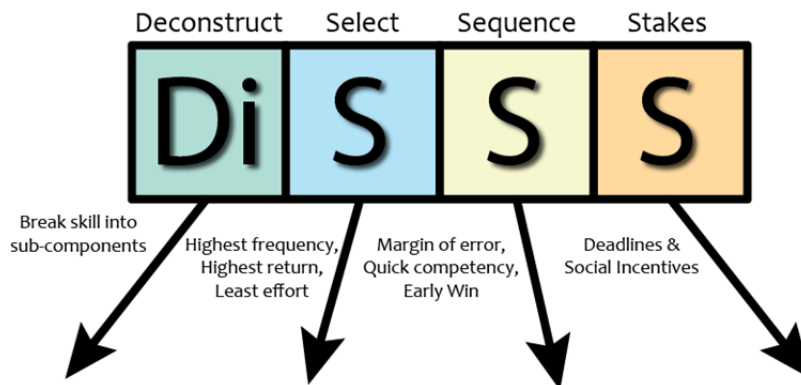


# Insights from *The 4-Hour Chef* by Tim Ferriss

**“It is possible to become world-class, enter the top 5% of performers in the world, in almost any subject within 6– 12 months, or even 6– 12 weeks. There is a recipe, the real recipe in this book, and that is DiSSS.”**

– Tim Ferriss



<p><b>“Deconstruction is best thought of as exploration. This is where we throw a lot on the wall to see what sticks... it is where we answer the question: how do I break this amorphous “skill” into small, manageable pieces?”</b></p> <p>– Tim Ferriss</p> <p>Break down the skill into a sub-set of skills. Understand each of these sub-skills by reading ‘conventional’ and ‘unconventional’ guides. Look for similarities between the two.</p> <p>Interview world-class performers of the skill (ex: Olympic silver medalist) and ask them:</p> <p>→ “If I needed to perform in this skill with only 20% of the ideal training time, what would you have me focus on?”</p> <p>→ “What do most novices do that you consider to be the biggest waste of time?”</p>	<p><b>“Choose the highest yield material and you can be an idiot and enjoy stunning success.”</b></p> <p>– Tim Ferriss</p> <p>Identify the 20% of available sub-skills that you can use to produce 80% of the desired results (the sub-skills you’ll use most frequently).</p> <p><i>For Example: “Language is infinitely expansive (much like cooking) and therefore horribly overwhelming if unfiltered. Forget studying and masters long lists if you don’t plan to use them in 80% or more of the conversations that you will initially have.</i></p> <p><b>If you select the wrong material, the wrong textbook, the wrong group of words, it doesn’t matter how much (or how well) you study. It doesn’t matter how good your teacher is. One must find the highest-frequency material.”</b> – Tim Ferriss</p> <p>Ask yourself:</p> <p>→ “Can I see myself using this at least 80% of time initially performing the skill?”</p> <p>→ “Have I narrowed down my study material and practice routine to the highest frequency items?”</p>	<p><b>“Rank the highest frequency items based on their ability to provide early wins and feeling of competency (highest return, least amount of time).”</b></p> <p>– Tim Ferriss</p> <p>Learn and practice the 20% high frequency sub-skills in a sequence that allow you to quickly experience a feeling of competency.</p> <p><b>“For cooking methods, the most popular (as also confirmed by my interviews) were as follows: Grilling, Sautéing &amp; Braising. The method that is most forgiving—braising— goes first, because early wins are paramount. The order of learning then becomes: Braising, Sautéing then Grilling.”</b> – Tim Ferriss</p> <p>When learning how to swim, don’t start by learning the proper kicking technique because you’ll make minimal gains in swimming speed. Instead, practice pushing off the side of the pool and gliding through the water. This will provide you with a feeling of competency and motivate you to learn additional sub-skills.</p> <p>It’s also important to start with sub-skills that have a high margin of error. You will make several errors when starting a skill so you need to feel safe doing so. Fear and anxiety quickly erode feelings of competency. Therefore, if you’re learning how to swim, start in the shallow end.</p>	<p><b>“A goal without real consequences is wishful thinking. Good follow-through doesn’t depend on the right intentions. It depends on the right incentives.”</b> – Tim Ferriss</p> <p>Tim recommends using a site called stickK.com to set ‘stakes’. The site allows you to pick any goal, choose a referee (a friend to keep you honest), put money on the line, and pick an ‘anti-charity’ – an organization you so despise so much that you’d rather slam your head in a car door than donate to them.</p> <p><b>“Based on stickK’s goal completion percentages from 2008– 2011, we find that the success rate with no stakes (no money on the line) is 33.5%. Once we add stakes like an anti-charity, that success rate more than doubles to 72.8%!”</b> – Tim Ferriss</p> <p>→ When learning to cook, schedule dinner parties to give you the incentive to be a better cook.</p> <p>→ When learning the guitar, tell a friend that you will learn a new song by a certain date OR give \$200 to an anti-charity.</p>
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