Book Report

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Book Report

Dissecting the daily routines and rituals of the world’s top-notch performers, Tim Ferris has provided his audience with some wonderful lessons in his book, “Tools of Titans.” A combination of some amazing tips, tricks, and takeaways constitute this book, which is a beguiling amalgam of valuable teachings (Ferriss, 2016).

With sky-rocketing popularity, Tim Ferris appears as an incredibly down-to-earth person, having endless knowledge about a wide range of topics and [entrepreneurial](https://www.google.com/search?q=entrepreneurial&spell=1&sa=X&ved=0ahUKEwjay5yLjsPlAhXJPFAKHV_NChMQkeECCCooAA) experiences. Ferris has strengthened his positions in the fields of blogging, writing, podcasting, and entrepreneurship, and this is evident from the status of his podcasts and books, being on the top of iTunes and best-sellers in America.

This book, “Tools of Titans” is filled up to the rim with guidance and knowledge for living a life full of health and wisdom, accumulating a fair share of wealth simultaneously (Reagle Jr, 2019). The book is divided into three sections, and each one is fundamental for a successful and sustainable life. The current era is brimming with complexities and difficulties, which leads to all kinds of problems for societies. The facilities for physical and mental health recoveries are filled because people largely fail in dealing with everyday problems. In this scenario, this book serves as instrumental tool for individuals, who want to turn their life around and bring some stability in their routines.

Even though the first step towards improvement is the adoption and implementation of some concrete action, but that first step also needs some pointers and pieces of advice. Undoubtedly, there are a lot of self-help books out there, and the web is overflowing with inspirations and TED talks, but more often than not, people get entangled in exercising the right kind of advice regarding the course of action they want to take in their life.

The book provides the readership with a diverse range of genuine stories, as the author strictly included the conversations and lessons from his podcasts, in which he invites top performers of selective fields and interviews them. After reading this book, there is an inherent sense of wanting to improve in one’s respective life and to perform better (McKey, 2019). It is unique from other books because, unlike other texts of self-improvement, this does not bore the reader at all. A wide variety of rich stories from the lives of interesting and successful people, this book draws the reader towards itself, and the reviews have established it to be a page-turner. It assists the reader to re-align personal goals and agendas, thereby turning an individual’s life altogether.

The outline of the book is brilliant, split up into three important sections revolving around the potential success of everyday lives. As this book is a coalescence of responses from Tim Ferris’s guests from his podcast, “The Tim-Ferris Show," therefore, feedbacks of intelligent questions have largely been incorporated into the contents of this book.

The first section is "Healthy" and constitutes pieces of advice and the recommendations of successful people regarding daily exercise, the right way of breathing, recovery for the physical and mental problems of the body, mobility, a slow-carb diet, and some morning rituals. Each one of these has a direct impact on the general well-being of an individual, and even if one of these is compromised or not paid attention to, a downward spiraling pattern of ignorance towards the body starts, as experienced by a lot of people.

I have adopted a lot of these practices in my personal life, and I am already seeing changes in my general performance towards my newly-founded business. I have started to make my bed every day as a morning ritual and prior to the reading of this book, I was no habitual of this thing. I relied on my domestic help to do this before reading this book. Morning routines have been proved to life-changing as reported by some individuals, and this book chiefly focuses on their importance.

The second section is "Wealthy," and it illuminates the readers about experiences of people who have worked in Silicon Valley, in particular, Marc Andreessen, who was a guest on Tim Ferris's show. One lesson that I have learned from this section of the book is that if there is hard work involved in any business, the end-products should never be priced low. This is an important takeaway for newly-found businesses and a practice that I will shortly adapt when I start the pricing phase of my business products. Furthermore, this section stresses the importance of "saying yes" and taking time out from a 9-5 routine. Contrary to popular advice, this section emphasizes the fact that being too much busy is not a good thing, and it affects the health of an individual in the long-term. Patterns for achieving success in the investment department have also been laid out, and these can benefit a lot of people whose occupations revolve around potential investments. In the subsequent sub-sections, general formula for getting successful, the importance of moving fast in entrepreneurship and secrets for getting involved in lucrative startups have also been referred to,

The third and final section is titled "Wise." This section alludes to experiences from army veterans, published authors, comedians, and CEOs for successful online startups. Tips about using pride and fear on the right occasions, being mentally tough, attaining the fair share of perfectionism, and happiness have also been brought up, which greatly encourage the reader.

# References

Ferriss, T. (2016). *Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers.* Houghton Mifflin Harcourt.

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