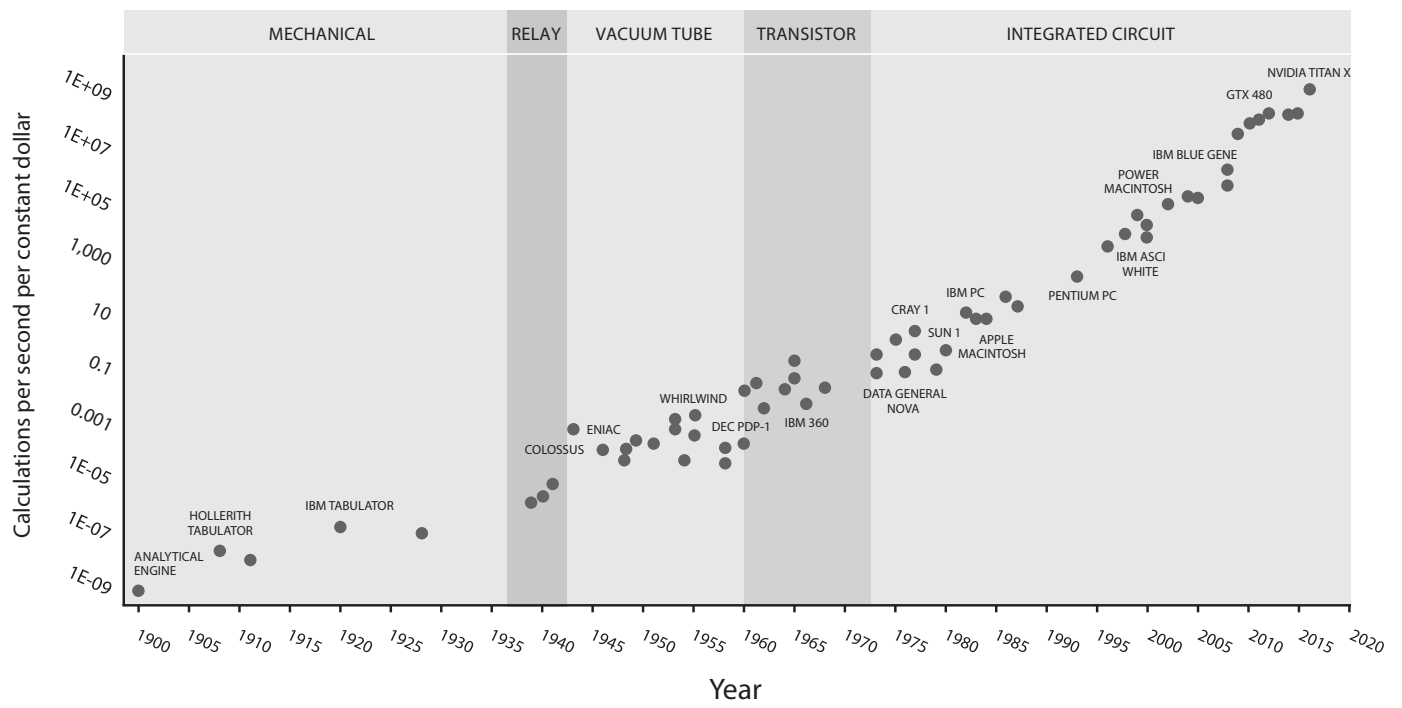


120 Years of Moore's Law



Source: Ray Kurzweil, DJJ

RECOMMENDED RESOURCES

The following resources are all free and complement lessons in this book. Many of them provide jumping-off points to tools I now use on a daily or weekly basis.

Links to all “most gifted” and “most recommended” books in *Tribe of Mentors* – tim.blog/booklist

Links to all the “best under \$100 purchase” answers from *Tribe of Mentors* – tim.blog/under100

5-Bullet Friday – tim.blog/friday

5-Bullet Friday is one of the most popular newsletters in the world. I met roughly 30 percent of the people in this book because they subscribe to 5-Bullet Friday. It’s a short email I send out each Friday that lists five cool things I’ve discovered or enjoyed that week, including gadgets, articles, startups, books, experimental supplements, new hacks or tricks, and all sorts of weird stuff. The content is not published anywhere else.

***The Tao of Seneca* – tim.blog/seneca**

The Tao of Seneca is an introduction to Stoic philosophy through the words of Seneca, complete with illustrations, profiles of modern Stoic figures, interviews, and much more. If you were to ask me what my “most

gifted” book is, it would be this. I’ve read Seneca’s letters hundreds of times and recommended them thousands more.

Stoicism is a no-nonsense philosophical system designed to produce real-world results. Think of it as an operating system for thriving in high-stress environments. Thomas Jefferson kept Seneca’s writing on his bedside table. George Washington, thought leaders in Silicon Valley, and NFL coaches and players alike (e.g., Patriots, Seahawks) have embraced Stoicism because it makes them better competitors. *The Tao of Seneca* covers all of the fundamentals.

TED Talk on “Fear-Setting” – tim.blog/ted

In this talk (3M+ views) I describe the most important exercise that I do at least once a month. My best investment and business decisions can be traced to “fear-setting,” but it’s even more valuable for avoiding self-destruction.

Experiments in Lifestyle Design Blog – tim.blog

This blog is what put me on the map before the podcast and other shenanigans. It features experts, experiments, and real-world case studies of all types, including fat loss, investing, language learning, psychedelics, and much more. My top-10 most popular (and recommended) posts can be found at tim.blog/top10

The Solution to The Riddle – tim.blog/spin

Thank me later.

THE TOP 25 EPISODES OF *THE TIM FERRISS SHOW*

The Tim Ferriss Show is the first business-interview podcast to pass 200 million downloads, and it has been selected for “Best of iTunes” by Apple three years running.

My top-25 most popular episodes, as of September 1, 2017, are listed on the following page.

But *achtung!* I didn’t rank episodes in descending order of total downloads. Due to rapid growth, there would be a misleading recency bias — in other words, a newer *decent* episode could be “more popular” than an older *blockbuster* episode that was 3x the average at the time. To correct for this, we used a better methodology, and I owe special thanks to my brother for the help.*

All 250+ episodes to date can be found at tim.blog/podcast and itunes.com/timferriss

* Explanation from my statistician brother: “I first modeled the growth of the podcast over time. I used a linear regression model after a logarithmic transformation. (A logarithmic transform, which implies that the downloads have been growing exponentially, was the near optimal box-cox transformation.) I calculated the standard error at each point using the 95 percent prediction bands. For each podcast episode, I then calculated the residual (the difference between the observed downloads and the regression line) and then standardized this difference by the standard error. I then ranked episodes according to this metric, by how many standard deviations they exceeded the mean trend line.”

1. Jamie Foxx on Workout Routines, Success Habits, and Untold Hollywood Stories (#124) – tim.blog/jamie
2. The Scariest Navy SEAL I’ve Ever Met . . . and What He Taught Me (#107) – tim.blog/jocko
3. Arnold Schwarzenegger on Psychological Warfare (and Much More) (#60) – tim.blog/arnold
4. Dom D’Agostino on Fasting, Ketosis, and the End of Cancer (#117) – tim.blog/dom2
5. Tony Robbins on Morning Routines, Peak Performance, and Mastering Money (#37) – tim.blog/tony
6. How to Design a Life – Debbie Millman (#214) – tim.blog/debbie
7. Tony Robbins – On Achievement Versus Fulfillment (#178) – tim.blog/tony2
8. Kevin Rose (#1) – tim.blog/kevinrose [If you want to hear how bad a first episode can be, this delivers. Drunkenness didn’t help matters.]
9. Charles Poliquin on Strength Training, Shredding Body Fat, and Increasing Testosterone and Sex Drive (#91) – tim.blog/charles
10. Mr. Money Mustache – Living Beautifully on \$25–27K Per Year (#221) – tim.blog/mustache
11. Lessons from Warren Buffett, Bobby Fischer, and Other Outliers (#219) – tim.blog/buffett
12. Exploring Smart Drugs, Fasting, and Fat Loss – Dr. Rhonda Patrick (#237) – tim.blog/rhonda
13. 5 Morning Rituals That Help Me Win the Day (#105) – tim.blog/rituals
14. David Heinemeier Hansson: The Power of Being Outspoken (#195) – tim.blog/dhh

15. Lessons from Geniuses, Billionaires, and Tinkerers (#173) – tim.blog/chrisyoung
16. The Secrets of Gymnastic Strength Training (#158) – tim.blog/gst
17. Becoming the Best Version of You (#210) – tim.blog/best
18. The Science of Strength and Simplicity with Pavel Tsatsouline (#55) – tim.blog/pavel
19. Tony Robbins (Part 2) on Morning Routines, Peak Performance, and Mastering Money (#38) – tim.blog/tony
20. How Seth Godin Manages His Life – Rules, Principles, and Obsessions (#138) – tim.blog/seth
21. The Relationship Episode: Sex, Love, Polyamory, Marriage, and More (with Esther Perel) (#241) – tim.blog/esther
22. The Quiet Master of Cryptocurrency – Nick Szabo (#244) – tim.blog/crypto
23. Joshua Waitzkin (#2) – tim.blog/josh
24. The Benevolent Dictator of the Internet, Matt Mullenweg (#61) – tim.blog/matt
25. Ricardo Semler – The Seven-Day Weekend and How to Break the Rules (#229) – tim.blog/ricardo

EXTENDED CONVERSATIONS

I've recorded extended interviews with many of the people in this book.

These wide-ranging conversations cover everything from their morning routines to the best advice they've ever received. In most cases, there is almost *zero* overlap with what's in this book, so it's all extra tools, tactics, and habits that you can use.

I hope you enjoy them as much as I did! All are free.

In alphabetical order by first name, here they are:

Adam Robinson – tim.blog/robinson

Amelia Boone – tim.blog/amelia

Brené Brown – tim.blog/brene

Brian Koppelman – tim.blog/koppelman

Caroline Paul – tim.blog/caroline

Darren Aronofsky – tim.blog/darren

Debbie Millman – tim.blog/debbie

Eric Ripert – tim.blog/eric

Esther Perel – tim.blog/esther

Kevin Kelly – tim.blog/kevin

Kyle Maynard – tim.blog/kyle

Jerzy Gregorek – tim.blog/jerzy

Jocko Willink – tim.blog/jocko

Josh Waitzkin – tim.blog/josh

Larry King – tim.blog/larry

Maria Sharapova – tim.blog/sharapova

Mark Bell – tim.blog/markbell

Michael Gervais – tim.blog/gervais

Mr. Money Mustache – tim.blog/mustache

Naval Ravikant – tim.blog/naval

Neil Strauss – tim.blog/strauss

Nick Szabo – tim.blog/crypto

Peter Attia – tim.blog/attia

Ray Dalio – tim.blog/dalio

Rick Rubin – tim.blog/rubin

Robert Rodriguez – tim.blog/robert

Sam Harris – tim.blog/harris

Soman Chainani – tim.blog/soman

Stewart Brand – tim.blog/stewart

Terry Laughlin – tim.blog/terry (points to a TV show we did together)

Tim O'Reilly – tim.blog/oreilly

Whitney Cummings – tim.blog/whitney