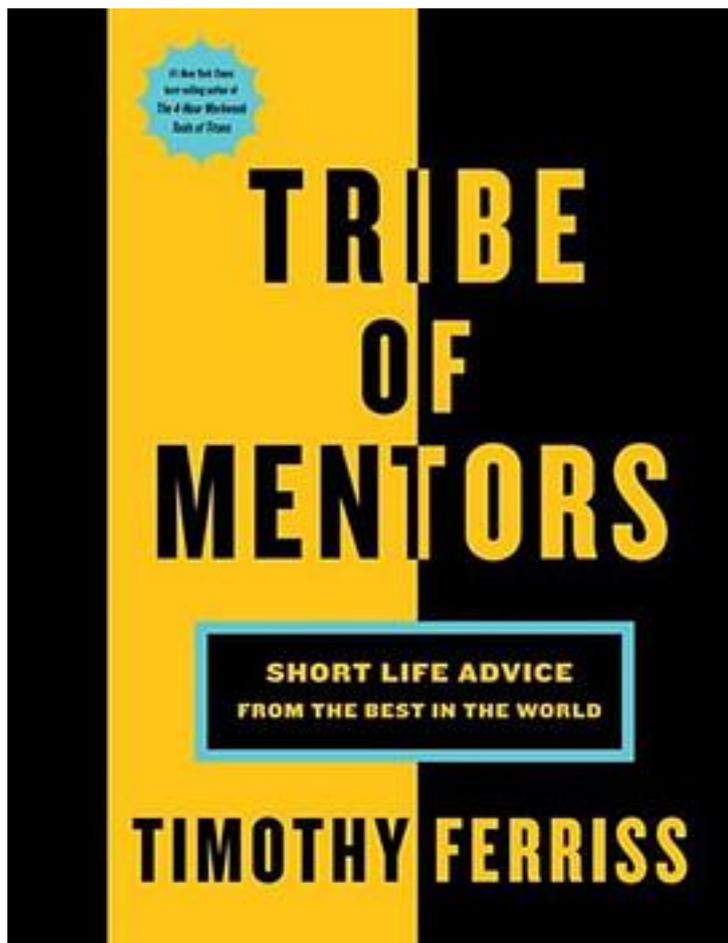


Tribe of Mentors



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著者:Timothy Ferriss

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When facing life's questions, who do you turn to for advice? We all need mentors, particularly when the odds seem stacked against us. To find his own, bestselling author and podcast guru Tim Ferriss tracked down more than 100 eclectic experts to

help him, and you, navigate life. Through short, action-packed profiles, he shares their secrets for success, happiness, meaning, and more. No matter the challenge or opportunity, something in these pages can help.

You will learn:

- The three books legendary investor Ray Dalio recommends most often
- Lessons and tips from elite athletes like Maria Sharapova, Kelly Slater, Tony Hawk and Dan Gable
- How and why Facebook co-founder Dustin Moskovitz says no to most incoming requests
- The meditation and mindfulness practices of David Lynch, Jimmy Fallon, Sharon Salzberg, Rick Rubin, Sarah Elizabeth Lewis and others
- The high-school loss that motivated actor Terry Crews for life . . . and how you can use the lesson
- Why TED curator Chris Anderson thinks ‘pursue your passion’ is terrible advice
- How Yuval Noah Harari’s Sapiens went from repeated rejections to global mega-bestseller
- Why comedian Patton Oswalt wishes at least one catastrophic failure on anyone in the arts
- Astrophysicist Janna Levin’s unique reframe that helps her see obstacles as opportunities
- Why actor Ben Stiller likes to dunk his head in a bucket of ice in the morning

TIM FERRISS is one of Fast Company’s ‘Most Innovative Business People’ and an early-stage tech investor/advisor in Uber, Facebook, Twitter, Alibaba and more. He is also the author of The 4-Hour Work Week, The 4-Hour Body, The 4-Hour Chef and Tools of Titans. The Observer and other media have named him ‘the Oprah of audio’ due to the influence of his podcast, The Tim Ferriss Show, which has exceeded 200 million downloads.

作者介绍:

TIM FERRISS has been called “a cross between Jack Welch and a Buddhist monk” by The New York Times. He is one of Fast Company’s “Most Innovative Business People” and an early-stage tech investor/advisor in Uber, Facebook, Twitter, Shopify, Duolingo, Alibaba, and 50+ other companies. He is also the author of four #1 New York Times and Wall Street Journal bestsellers: The 4-Hour Workweek, The 4-Hour Body, The 4-Hour Chef, and Tools of Titans. The Observer and other media have named him “the Oprah of audio” due to the influence of his podcast, The Tim Ferriss Show, which has exceeded 200 million downloads and been selected for “Best of iTunes” three years running.

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标签

思维

个人管理

人生经验

英文原版

学习方法

管理

学习

方法论

评论

博客集锦式的书，适合浮躁的时候来上一段（比起社交网络 less personal but of higher quality）；我从里面得到很多有用有趣的 pointers。

如果把它定义为书，自然会有人说它杂乱，但它更像与精英对话的过程。也只有细致感受，才能收获到精英的思维。

同样的几个问题，不同的牛人回答。总会找到自己感兴趣的片段。最大的收获是一个时间管理的办法，受益匪浅。

1/ take a walk hypothetically in a new environment 2/ breath awareness (20-min meditation/day) 3/ memento mori (remember you must die)

我本来就不是这个人的粉丝，其次又是这种采访了很多人，然后把这些人的答案拢在一起，哎

处在面对鸡汤和名言毫无波澜的时期，很主观。

Tim Ferriss's best book in my opinion! You don't need to buy 4-hour week, Tools of Titan after reading this one.

和调调相似，整理的更好，问题更清晰，回答和思考更深入，就是没有了脑洞轰炸的新鲜感，可能是《Tools》反复阅读太多遍了吧。

优秀的人各有不同，但共享一些好习惯。想要成为更优秀的自己，得坚持一些每日习惯呐。

这本书阅读时间比较久，感觉自己太久没有阅读。每次晚上读书可以让自己感觉很轻松。

在这本书里，费里斯精心准备了 11 个问题，收集了 133 位世界级智者的回答。然后把他们的答案集结成册，形成了这本《导师天团》。我们来看看这本书里都有哪些大牛：桥水基金的创始人雷·达里奥（Ray Dalio）、Facebook 的联合创始人达斯汀·莫斯科维兹（Dustin Moskovitz）、以太坊（Ethereum）创始人维塔利克·布特林（Vitalik Buterin）、《人类简史》作者尤瓦尔·赫拉利（Yuval Noah Harari）等等。

看完了这个不用再去知乎看人生经验教训了。基本总结下来就是不断提高自己，要靠自己的内驱力

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书评

在这个世界上，智慧的载体有很多，书籍、演讲、视频等等。而从本质上来说，不管哪一种学习形式，其内核都是一样的：向牛逼的人学习。马克吐温曾经说过这么一句名言，“历史不会重演，但有其韵律（History may not repeat itself, but it does rhyme）”，这句话不仅从宏观角...

What advice would you give to a smart, driven college student about to enter the “real world”? What advice should they ignore? Don’t try to find your passion. Instead master some skill, interest, or knowledge that others find valuable. It almost doesn’t...

“It is likely that most of what you currently learn at school will be irrelevant by the time you are 40.... My best advice is to focus on personal resilience and emotional intelligence.” YUVAL NOAH HARARI is the author of the international bestsellers Sap...

RAYDALIO is the founder, chair, and co-chief investment officer at Bridgewater Associates, a global leader in institutional portfolio management and the largest hedge fund in the world (\$150+ billion). Bridgewater is known for its culture of “radical transpa...

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