

1. **Tony Gentry** @joinwbn 3h3 hours ago

@tferriss If you started with \$1k and only had 6 months or less to turn it into \$100k what would you do?



1. **Zhenghua Yang (Z)** @ZhenghuaYang 3h3 hours ago

@tferriss What do you do for a fast recovery against common cold/flu?



2. **Jonathan Crabtree** @jtcrabtree94 2h2 hours ago

@ZhenghuaYang @tferriss I literally googled this a couple weeks ago as I was coming down with something, assuming Tim had written about it!



**Jacob McClanahan** @mcclanahan 3h3 hours ago

@tferriss what is the one experiment you totally regret doing?



**Jason** @37cycles 3h3 hours ago

@tferriss Who is someone you admire greatly despite having significant disagreements with him/her? And, why?



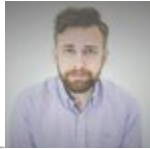
2. **Diego Pulido** @ixDiego 3h3 hours ago

@tferriss if you had to stop eating meat what's the most essential thing you could not miss in your diet that is nutritious/high in protein?



3. **m'ARTy** @EmroxTV 1h1 hour ago

@tferriss tim what is the theme song for your podcast? who made it/where can I find it?



**Adam Smith** @asmithblog 2h2 hours ago

@tferriss What was your biggest takeaway from 2016 and what's your biggest goal for 2017?



**Matt Rusin** @MattRusin 3h3 hours ago

@tferriss where is the coolest place you've visited that most people don't know about or haven't even heard of?



**Marvin Bontrager** @mbontrager5 3h3 hours ago

@tferriss What are some financial lessons you've learned through personal experience or from individuals you admire?



1. **K G Z** @gzdriven0615 3h3 hours ago

@tferriss how do you manage ppl who don't care about getting fired & are slacking but u need their sales skills for ur business?

2 replies0 retweets0 likes



2. **Matthew Hansen** @matthewrhansen 3h3 hours ago

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@gzdriven0615 @tferriss not Tim, but I'd recommend firing them. That attitude will never be good for your business long-term. #2cents

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4. **Be Fair To Bears** @(((HenryT))) @HenryT 2h2 hours ago

@tferriss so what has surprised you when doing the podcast interviews

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5. **Richard Lee** @ImRichardLee 3h3 hours ago

@tferriss have you considered starting a mentorship class where one receives advice/guidance/resources from you? Like Thiel Fellows?

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6. **Christos Goumenos** @goumie 32m32 minutes ago

@tferriss if you could magically teach every person in the world one skill that you have, what would it be?

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**Thad** @thadgoetz 2h2 hours ago

@tferriss what does your @evernote setup look like. Trying to figure out effective system



7. **Jason** @37cycles 2h2 hours ago

@tferriss Top 3 most over-rated social norms of the last 5 years?



8. **Michael Mirochna, MD** @DocRockne 2h2 hours ago

@tferriss have you had any no's for interviews or podcast requests? Did any later say yes?



9. **Toshi Thinks** @SleepChief 3h3 hours ago

@tferriss if you returned to TV with a new show, what would the format look like.



10. **Tucker Lucas** @mrtuckerlucas 3h3 hours ago

@tferriss what are your thoughts on the ethics and morals of veganism vs eating meat?

@SamHarrisOrg has been tackling that issue lately



11. **Phurba Sherpa** @sherpa565 3h3 hours ago

@tferriss If you were to go back in time and talk to your 25-year-old selves. What would you say? What advice would you give?



12. **Daniel Casey** @dcletsgo369 3h3 hours ago

@tferriss Beyond what you have already written, what advice would you offer those thinking of taking the leap of writing their first book?



13. **Beau Scheier** @BeauScheier 3h3 hours ago

@tferriss what are you going to do now?



**Albert Kim** @albert\_kim 3h3 hours ago

@tferriss #1 advice for relationships



1. **Chris Masterjohn** @ChrisMasterjohn 2h2 hours ago

@tferriss Starting a business at ground zero with net worth of zero, should someone reinvest everything in the business, or diversify?



2. **Chris Masterjohn** @ChrisMasterjohn 2h2 hours ago

@tferriss (By diversify I mean take a higher personal salary than needed to invest savings in IRA, 401k, funds, etc)



3. **Sergey Pshenichkin** @SergeyPsh 3h3 hours ago

@tferriss What are the 2 or 3 most important lessons that haven't made it into the books or podcast? Bonus points for actionable steps!

@tferriss also, thanks for writing Tools of Titans, it's been an amazing read!

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14. **Engineneur** @TheLyricalNerd 1h1 hour ago

@tferriss tips for a recent college grad on building wealth, living a socially fulfilling life and how to deal with common stresses

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15. **Hanz Nobe** @HanzNobe 2h2 hours ago

@tferriss how has frustration helped you clear your mind? (Pronounced Hans No-Be)



16. **Chris Masterjohn** @ChrisMasterjohn 2h2 hours ago

@tferriss If you could be any ketone body, which one would you be?

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17. **Kyle Fraser** @Kyle\_Fraser 2h2 hours ago

@tferriss if you were an activist for a societal movement through your work, what would the movement be and why?



**Hohenheims** @Hohenheims\_ 2h2 hours ago

@tferriss What advice could you give to a 18 years old who left school and try to learn in a different way?

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18. **Matt Ragland** @mattragland 2h2 hours ago

@tferriss what's the most random question you've been asked, @birbigs style? Like asking



@jimmyfallon about a

or @POTUS for



advice.



19. **Ajay Khaladkar** @ajaypk 2h2 hours ago

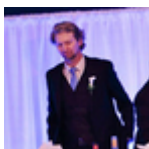
@tferriss In your quest of stoicism, what is harder to deal with: high praise & accolades OR criticism & insults? Why?

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20. **Sean Critchfield** @Hack\_Poet 3h3 hours ago

@tferriss Which book is square one for stoic philosophy in your opinion? Where do I start?



21. **Dan Douglas** @DanDouglasPMH 3h3 hours ago

@tferriss what have you recently learned about yourself?



22. **Alex Hsiao** @12majorchords 3h3 hours ago

@tferriss How do you approach decision making for edge cases where your usual heuristics/paradigms fail or are contradictory?



23. **Mick** @marachuan 3h3 hours ago



@tferriss do you like rimming?



24. **Ryan Gough** @mocomber 3h3 hours ago

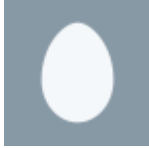
@tferriss how do you track your experiments & results? What's the plan for tracking scientific process?



25. **Jeremy Miller** @jjeremymiller 3h3 hours ago

@tferriss have a pretty limited search budget -- should I spend it on social PPC or Google PPC? Is one better than the other?





26. **Jay Carson** @jaybsbq124\_jay 3h3 hours ago

@tferriss Who is the most impressive person that you have ever come across in all your adventures?



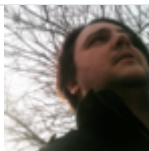
1. **Dave Hess** @bossanovas 3h3 hours ago

@tferriss What was the anticipated outcome when you first started "The Tim Ferriss Experiment"? What about now?



2. **BreckGeoffe** @geoff\_wat 3h3 hours ago

@tferriss When playing D&D, what is your favorite alignment?



3. **Dino Quarin** @Dino\_Quarin 2h2 hours ago

@geoff\_wat @tferriss chaotic neutral is EVERYONES favorite alignment



4. **Matt Jayson** @mattjay\_son 3h3 hours ago

@tferriss Ever have a cheat day on the ketogenic diet? Thanks!



5. **Stephane Duplessis** @DupesSays 3h3 hours ago

[@mattjay\\_son](#) [@tferriss](#) how many grams of net carbs in one sitting to kick you out of ketosis?



6. **Josh Crocker** @josh\_crocker 3h3 hours ago

[@tferriss](#) What is the "best of the best" (top 10, perhaps) most-direct actions you've taken from all your podcast guests?



7. **Josh Crocker** @josh\_crocker 3h3 hours ago

[@tferriss](#) In other words, what would be YOUR personal "cliff notes" of all your actionable notes that you've applied this year?



**Charlotte Chapman** @charchapman005 14m14 minutes ago

[@tferriss](#) You mention doing equine therapy in TOT (pg.481). What have you uncovered that's most surprising & have you made any changes?



27. **Thibaut** @Kpaxs 57m57 minutes ago

[@tferriss](#) how many Tools of Titan awesome books have you sold after the first week? And so far?



28. **Tusk** @TMtt88 1h1 hour ago

@tferriss how has Molly improved your life? What lessons have you learned from her? Asking because you seem more content with her in ur life



**Jeff Laity** @jefflaity 2h2 hours ago

@tferriss how do I make it through the next spinach salad without dying? #4hb

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29. **Jacob Robertson** @jrobertson\_ 2h2 hours ago

@tferriss You've mentioned experimenting with intermittent fasting, but I don't recall you ever recounting the results or your thoughts.

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30. **Matt Roome** @timesnewrooman 2h2 hours ago

@tferriss do you have any tips/tricks that aid in holding yourself accountable to your goals?

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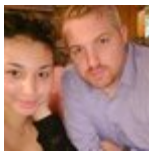


31. **TT** @tomtracyfpc 2h2 hours ago

@tferriss what hero have you met that wasn't upto scratch #dontmeeyourheroes #timferris #nameandshame #notallthat

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32. **seandfeeney** @seandfeeney 2h2 hours ago

@tferriss what is the best way to network with no money and no connections



**Ariel Janover** @arijanover 2h2 hours ago

@tferriss 3 tips for someone with no connections to start a high impact content-based business? (Blog, newsletter, etc.)



33. **Jackson** @RootVegetable\_ 2h2 hours ago

@tferriss productivity aside, what leisure activities do you do for fun?



34. **Irfan** @irfanbhanji 2h2 hours ago

@tferriss really enjoyed your recent YouTube videos. Will you continue to produce more video content?



35. **Connor Solms** @connorsolms 2h2 hours ago

@tferriss how do you get the ball rolling in your interviews? How do you prepare for podcasts?



**Jesse James** @MisterJamesELA 2h2 hours ago

@tferriss What needs to change about public schools in the US?



36. **Mind Debris** @realminddebris 2h2 hours ago

@tferriss what is your favourite documentary?

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37. **Theoharis Dimarhos** @Theo\_Dimarhos 2h2 hours ago

@tferriss How do you instill discipline in yourself and others?



**Jason Bonder** @JasonBonder 2h2 hours ago

@tferriss u stress deleting unnecessary meetings/social time frm work How do I save time if my job IS to interact? Social workers/clergy etc

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38. **Arin Basu** @arinbasu 3h3 hours ago

@tferriss Do you yourself follow four-hour work-week? if yes, what's your routine like?

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39. **Mick** @marachuan 3h3 hours ago

@tferriss seriously though, have you investigated pranayama?

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40.  **Ethan Andrew** @knockaroundguy2 3h3 hours ago

@tferriss what areas do you think have currently some of the best entrepreneurial opportunities



**Stephane Duplessis** @DupesSays 3h3 hours ago

@tferriss 4HWW teaches us to work the system. With your podcast, what % of It feels authentic vs working a system to you?

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41.  **Rachit Kothari** @therealkothari 3h3 hours ago

@tferriss what's the best and the worst thing to happen to you in the past year.

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42.  **Ryan Staples** @RyanDStaples 3h3 hours ago

@tferriss Will you ever stop running that @Wealthfront ad?



43. **Ryan P Foley** @SplashCHelps 3h3 hours ago

@tferriss You have a chance to go back to ANY historical time period; what would it be? And at what exact age do you live out this period?

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1.  **[Jonathan]** @JG\_TheCreator 2h2 hours ago


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@tferriss How could one incorporate health/spiritual time in a fast-paced rigorous company?

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2.  **lemon lilac** @lemon\_and\_lilac 38m38 minutes ago

@JG\_TheCreator @tferriss a 30 second ritual, I grewup Catholic&Protestant 1thing n common was sign of cross/prayer upon entering. not tf

3.  **Joseph Ditzel** @JosephDitzel 2h2 hours ago

@tferriss any practical ideas on teaching children grit?

44.  **Julia Gao Miller** @miller\_gao 45m45 minutes ago

@tferriss If you had unlimited funds and were asked to design an educational institution for all ages, what would it look like?

 **Johnathan O'Neal** @johnoneal 45m45 minutes ago

@tferriss my only question is why can't I still receive your newsletter?

45.  **Rob Reyes** @theREALrob22 1h1 hour ago

@tferriss which of your Titans had children before they were successful? I'm finding it hard to take risks, bec of wanting to protect my fam

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46. **Rob Reyes** @theREALrob22 1h1 hour ago

@tferriss just finished a 9yr professional basketball career, searching for what's next...



47. **Rob Reyes** @theREALrob22 1h1 hour ago

@tferriss if I'm willing to work hard, and set big goals, but I'm not creative in terms of "start up" ideas. Where can I maximize my skills?



48. **J.C. Hiatt** @jchiatt 2h2 hours ago

@tferriss If I want to lose 5-10 pounds of fat and simultaneously gain ~10lbs of muscle, is Occam's the way to go? Should I modify the diet?



49. **David Petersen** @typesfaster 3h3 hours ago

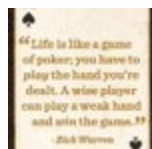
@tferriss Starting to answer unknown numbers has helped me a lot. Several times/week it's an important call. Hang up on others



50. **Ryan Martinez** @RPM5126 6s6 seconds ago

@tferriss Just got braces and on the low carb diet, what would a "soft food" low carb diet look like?

0 replies 0 retweets 0 likes



**Hine** @Pokerotago 13s13 seconds ago

@tferriss Tim can we have a copy of your poker strategy it looked good?





51. **Ddub** @DWTK\_podcast 2m2 minutes ago

[@tferriss](#) have you changed your thoughts on 30g protein w/in 30 min for fat loss after experiments with intermittent fasting?



1. **Michael A. Jones** @mjones\_vandy3 22m22 minutes ago

[@tferriss](#) Can you give more detail around how all of your fitness and diet plans fit together over the long term?



2. **Michael A. Jones** @mjones\_vandy3 18m18 minutes ago

[@tferriss](#) I.E. slow carb w/ Keto, IF w/ longer fasts, workouts. How much flex do you plan in your very structured style? Seems like so much overlap.



52. **Liam Holmes** @Lightmanyfires 35m35 minutes ago

@tferriss what saying/quote did you once have 100% belief in, but you now think is total bullshit.



53. **Tom** @tgs0376 40m40 minutes ago

@tferriss how would you go about choosing a podcast topic if you were going to launch a new one?



**Mark Iacolina** @MarkIacolina 58m58 minutes ago

@tferriss the secret to your success is....



54. **Garrett Marin** @gtmarin 1h1 hour ago

@tferriss stealing from @edlevine - what's in your desert island fridge?



55. **Lee Smith** @steadylee 1h1 hour ago

@tferriss Just got tools of titans for 3 adults kid. What part(s) would help with self motivation? Can you develop a motor ( motivation)?



56. **Stefanie Tial** @stefanietial 1h1 hour ago

@tferriss How do you think about giving back? Do it always or focus on earning \$ now so you can have a bigger impact later?



57. **Joel Fagnan** @JoelFagnan 1h1 hour ago

@tferriss could you summarize the mental benefits of ketosis. Memory? Focus?Clarity? Interested for surviving engineering degree



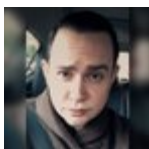
**Chase** @Chasebald 1h1 hour ago

@tferriss Easy ways for getting started on a ketogenic diet primer



58. **Keith Andrew** @iamkeithandrew 1h1 hour ago

@tferriss Why do you think the PC issue is the greatest threat to our society and what do you think can and should be done to minimize it?



59. **Peter J. Stevenson** @shrimpcosby 2h2 hours ago

@tferriss leave job in sales to start consulting biz or build biz while employed? I've seen varying answers to this and would love your take



60. **Brooks Cooper** @gbrookscooper 2h2 hours ago

@tferriss how do I do slowcarb with hypoglycemia without bottoming out blood sugar?



61. **Hero for Hire** @Capt\_Lone\_Starr 2h2 hours ago

@tferriss when you did your 7 day fast, was it just water or water w/ supplements/vitamins?



62. **TT** @tomtracyfpc 2h2 hours ago

@tferriss are you gay ? #whynokids



63. **Venus Kuiya** @VenusKuiya 2h2 hours ago

@tferriss Have you had the Foursigmatic mushroom coffee? Thoughts? If not this then what do you regularly have as coffee?



64. **Amy Daisy** @hippiedaisygirl 2h2 hours ago

@tferriss I'm an artist. What would you suggest as a business approach to my art.



65. **JourneyToLaunch** @JourneyToLaunch 2h2 hours ago

@tferriss how do you separate your voice and brand from so many others doing similar things?



66. **Jason** @37cycles 2h2 hours ago

@tferriss You move into a new city where nobody knows you. Best/fastest way to build ideal clientele for a new business in this new city?



67. **Praveen Perera** @PraveenPerera 2h2 hours ago

@tferriss which books do you currently have with the cover facing outwards? (I think it was cover out this was mentioned in a few podcasts)



68. **Martha Campos** @000grind 2h2 hours ago

@tferriss what is the most effective way to tap into your subconscious?



69. **Matthew Bigelow** @bigs\_in\_DC 2h2 hours ago

@tferriss do you receive income into individual account or do you have have an LLC for most business deals? Podcast revenues, website ads...



70. **Val Pinkhasov** @ValPinkhasov 2h2 hours ago

@tferriss Your best advice for entry level employees? Preferably fintech.



**Ditkanate** @Ditkanate 2h2 hours ago

@tferriss do you still do weekly cheat days even while doing a ketogenic diet?



71. **Charles Neill** 🤖 @ccneill 2h2 hours ago

@tferriss What are your tips for bootstrapping a business? While "lifestyle biz" seems to be verboten by SV, seems like the contrarian play



72. **Nick Stricklin** @NickStricklin 2h2 hours ago

@tferriss What do you say to the people who debate the healthiness of ketosis? Moderation is key?



73. **Tony Ashy** @tonyashy 2h2 hours ago

@tferriss have you ever used a float tank? Ever thought about doing a study to see how consistent use affects well being/meditation?



74. **Tony Ortiz** @spuntoday 2h2 hours ago

@tferriss How do you get yourself to sit down and do your work when you're not motivated to?



75. **Jason** @37cycles 2h2 hours ago

@tferriss What is the most under-rated thing in the US today?



76. **Tyler Weaver** @tylerweaves 2h2 hours ago

@tferriss what are your views on an afterlife/spirits/etc? and why



77. **Tomer Greenfeld** @tomergreenfeld 3h3 hours ago

@tferriss Would love to know what you do to empower people? How do you get others to dig deep and draw from a source of love and desire?



78. **Mike** @TvventyThree 3h3 hours ago

@tferriss 3 lesser known supplements you have tried with success. Nootropic, weight loss and athletic performance.



79. **Murali** @aruls08 3h3 hours ago

@tferriss how to make things work on those Unmotivating task , like I want to clear a finance exam . I hate that but good if I do it.cant

0 replies0 retweets0 likes



80. **#AMS** @AMStarkPhoto 3h3 hours ago

@tferriss there are things in life that are a pain to do (exercise for one), how do you motivate yourself to do the good and not the bad?



81. **John De La Torre** @redjokerjd 3h3 hours ago

@tferriss how do u deal with difficult people?



82. **Lowell W. Thompson** @lowellwashere 3h3 hours ago

@tferriss What motivates you and/or what great things are you working to achieve. Bonus Q: what is your research process like?



**Francis Endrinal** @jgendrinal 3h3 hours ago

@tferriss what is the best way to manage a team if you can't meet them in person as often?



83. **Julia Gao Miller** @miller\_gao 4m4 minutes ago

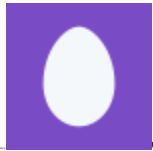
@tferriss if you could have only one prayer(spiritually speaking) you were allowed to say for the rest of your life, what would it be?





**Julia Gao Miller** @miller\_gao 14m14 minutes ago

@tferriss If you had a child, what would be your strategy for raising her/him? Would you "do everything differently?" (17 life changing Qs)



**Julia Gao Miller** @miller\_gao 23m23 minutes ago

@tferriss Top 3 biggest challenges you have overcome so far (emotionally, physically, business-wise..) and what did you learn from them?



84. **Get Confidence** @ConfidenceGet 2h2 hours ago

@tferriss If u lost it all and had to start from nothing, what would you do to get back to ur current financial level? How long would it take?