

# The 4-Hour Body

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AN UNCOMMON GUIDE TO  
RAPID FAT-LOSS, INCREDIBLE SEX,  
AND BECOMING SUPERHUMAN

Timothy Ferriss



CROWN ARCHETYPE  
NEW YORK

**For my parents, who taught a little  
hellion that marching to a different  
drummer was a good thing. I love you both  
and owe you everything. Mom, sorry about  
all the crazy experiments.**

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St. Jude Children's Research Hospital.**

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## TIM'S DISCLAIMER

Please don't be stupid and kill yourself. It would make us both quite unhappy.  
Consult a doctor before doing anything in this book.

## PUBLISHER'S DISCLAIMER

The material in this book is for informational purposes only. As each individual situation is unique, you should use proper discretion, in consultation with a health care practitioner, before undertaking the diet, exercises, and techniques described in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

**The pleasure of  
living and the  
pleasure of the  
orgasm are identical.  
Extreme orgasm  
anxiety forms the  
basis of the general  
fear of life.**

—Wilhelm Reich, Austrian  
psychologist (1897–1957)

**An orgasm a day  
keeps the doctor  
away.**

—Mae West, American actress  
and sex symbol (1892–1980)

# THE 15-MINUTE FEMALE ORGASM

## Part Un

9:00 P.M., OSHA THAI RESTAURANT, SAN FRANCISCO

**M**y Thai food hovered between my plate and my mouth, broccoli dangling off the fork. Then it fell. I was focused more on the conversation than the eating.

“For almost all women, the most sensitive part of the clit will be the upper-left-hand quadrant from their perspective, around one o’clock from the man’s perspective.”

Tallulah Sulis, a specialist in female ejaculation, paused to take a sip of water and raised her eyes to meet mine:

“Sometime you should really try and meet Nicole Daedone.”

Tallulah was an old friend, and had now become my first orgasm consigliere. I wrote the name down on a note, and we meandered from our love-life catch-up to other topics.

Two hours later, we settled the bill and I walked her to her car. As we ambled over the crosswalk, I turned to her and joked:





“Now all I need to do is find a beautiful single girl who’s never had an orgasm.”

It was a funny ending to a funny night.

Little did I realize how important the note in my pocket would become.

## The Quest

Exactly 24 hours later, serendipity entered stage left.

I was enjoying French food and a bottle of Bordeaux with a 25-year-old female yoga instructor new to San Francisco, fresh from the Midwest. Talk drifted to the singles scene and then to her culture shock in places like the Castro, where drag queens and transsexuals have dinner next to dot-com millionaires. Nothing is taboo, and she was just getting acclimated. SF is, after all, the world’s capital city of sexual exploration.

Several glasses further into the evening, she casually admitted that she’d never experienced an orgasm. How we got to that topic, I don’t remember, but I looked around to see if God was playing a trick on me. I’ve never won the Powerball lottery, but I felt like I had.

My daydream was interrupted when her follow-up comment slapped me back to reality:

“It’s fine, though. I’ve realized that sex just isn’t that important.”

Time-out.

“What?!” I blurted, a little too loudly. (Thank you, wine.)

This gorgeous woman in her prime, let’s call her Giselle, had compartmentalized sex as an unimportant and uninteresting activity. As the drinks flowed and we continued to talk, it became clear that this rationalization was a direct product of her inability to fully enjoy it.

And so it came to be that I made her a drunken promise: I would fix her inability to orgasm. Not that night, not necessarily through me,<sup>1</sup> but somehow.

In retrospect, it was a foolish and overconfident promise. But with

1. C’mon, people. I’m a *professional*.



alcohol-induced optimism on my side, I viewed it as a watershed moment, an opportunity to harness my OCD for the greater good.

Most men assume they kinda-sorta understand female anatomy, but—the upper-left quadrant at one o'clock? That was a new one.

Tallulah had given me a glimpse of a different world altogether.

Later that evening, somewhere between Wikipedia and PornHub, I realized Giselle wasn't alone. Sex researcher Shere Hite had long ago concluded that 70% of U.S. women couldn't experience orgasm from intercourse, and Alfred Kinsey's data suggested that up to 50% of U.S. women weren't able to achieve orgasm at all.

My quest for the elusive female "O" had begun.

The outcome, four weeks later, was better than I ever could have imagined.

I was able to facilitate orgasms (the word *facilitate* will be explained later) in every woman who acted as a test subject.<sup>2</sup>

The results: those who'd never experienced manual-only orgasm were able to do so, and those who'd never experienced penetration-only orgasm were also able to do so. The success rate was 100%.

Here is what I learned.

## The Process

The morning after wine with Giselle, I wrote down a number of questions that seemed like good starting points. Several of them related to extending male endurance, if that were to prove a limiting factor. I figured I might need to train men to become Energizer bunnies.

Some of the assumptions, reflected in the wording, turned out to be totally wrong, but here are my original questions:

1. How do you tweak the most common sexual positions to make it more likely that the woman will orgasm?
2. How can you reduce the refractory periods (the erection-impossible period after ejaculation) for men? This would allow more sessions per night.

2. How do you legally get eager test subjects? That's a topic for another book.



3. Is it possible for men to have multiple orgasms without ejaculating?<sup>3</sup>
4. How do you keep *it*—the hoo-ha, that is—from stretching out over time? (A female friend insisted I throw this one in.)<sup>4</sup>

Once I had questions, I needed some answers. For that I would need two things: experts and lots of practice.

First things first: experts.

There is no shortage of how-to sexual information. From Chigong Penis (competes with the Iron Penis Kung-Fu school, not kidding) to orgasm training on elaborate vibrator-saddle machines like the Sybian, it's a paradox-of-choice problem. Considering the options, I started to think that I might be reenacting *The Snow Leopard* by Peter Matthiessen.

In 1973, Peter traveled with zoologist George Schaller 250 miles into Himalayan no-man's-land in search of the near-mythical snow leopard. Not to be a spoiler, but he didn't find the goddamn cat. He saw rare mountain sheep, foxes, wolves—even signs of the snow leopard itself—but it was never found.

Fortunately, Peter's experience led to a Buddhist-like search for meaning and a beautiful classic in nature writing. I doubted I could pull the same beauty out of Iron Penis Kung-Fu. My quest was all-or-nothing, and it needed a happy ending in all senses.

I had no choice but to narrow down the field, to find someone who'd already tried everything.

There was only one place to look.

## Nina and 400 Hollywood Nights

Nina Hartley became a registered nurse in 1985 after graduating magna cum laude from San Francisco State University.

She also started stripping her sophomore year, which led to experimenting in adult films. It was not a college phase. Nina has since starred or

3. Short answer: yes. But if you don't have a stamina problem, this often aggravates the woman and robs her of the psychic payoff of bringing you to orgasm. Not a fan. If you want to extend your stamina, I recommend breathing and better positioning.

4. Ladies, this is answered in the sidebar and resources of the next chapter.



featured in more than 650 porn films and is one of the most recognized and respected names in the business. Lexington Steele, the only person ever to win the AVN (the Oscars of porn) Male Performer of the Year Award three times (three times!), has publicly stated “without hesitation” that the single greatest sexual experience of his life was with Nina.

My friend Sylvester Norwood<sup>5</sup> later told me the same thing.

But . . . WTF?

His confession confused me. Not because I doubted Nina had the skills. But how the hell did Sylvester enter the picture? The same well-behaved Jewish boy too shy to talk to girls?

[Shimmer and fade to reenactment] Straight out of *Ripley’s Believe It or Not*: Sylvester’s mom attended a group dinner in Berkeley, California, that Nina also happened to be attending, and the two ended up seated next to each other. Mrs. Norwood came home and said to then-22-year-old Sylvester, “Guess who I was at dinner with? A famous porn star: Nina Hartley. Have you ever heard of her?”

Sylvester nearly choked. In his secret double life, he had a huge collection of videos featuring Nina, his personal snow leopard.

“Mom, I have to meet her. If I never do anything again in this life, I MUST meet Nina Hartley.”

Three days of insistent begging and nagging later, Sylvester’s mom raised a hand and picked up the phone.

“Hi, Nina, it’s Mrs. Norwood. I had such a wonderful time meeting you at the party. Listen, I have a question for you. Do you ever make love to younger men?”

Nina’s answer: “Why, yes! I love breaking in younger men . . . but only once.”

And so it happened.

Summary: Coolest . . . mom . . . ever.

A decade later, Sylvester is still friends with Nina, and he introduced us via e-mail. The two-hour phone call that followed was a master’s degree in all things sexual, but the most actionable highlights related to (1) the single most important precondition for female orgasm and (2) technical modifications of positions.

5. Not his real name. I’ve immortalized his cat’s name in the tradition of porn name creation: childhood pet’s name + the street you grew up on.



## THE PRECONDITION: WOMEN NEED TO STEP UP TO THE STARTING LINE FIRST

“No man can *give* you an orgasm. He can only help you do it yourself.”

This is why I used the word *facilitate* earlier. First and foremost, Nina emphasized, a woman has to be comfortable masturbating. “If she doesn’t masturbate regularly, she’ll be more trouble, baggage-wise, than it’s worth, unless you get off on being the fixer. She has to at least come up to the starting line and be comfortable conversing with her own orgasmic potential.” For years, Nina herself was too embarrassed to show her “O face”—her face during orgasm—to partners, thinking it was ugly or unattractive, not realizing that men go nuts for it. “The woman needs to know how beautiful and exciting she is in that state.”

Truer words never spoken.

To those women who don’t masturbate, Nina recommends starting in small increments, five minutes a night before bed or immediately after waking up, and listening to self-talk. What is your head telling you? Unwarranted guilt and shame? Both will pass with practice, and you must be comfortable solo before it’s possible with someone else.

Thirty minutes after the interview with Nina, I called Giselle.<sup>6</sup> The verdict: she never masturbated.

She was the eldest daughter in her family, an unexpected recurring theme I found among inorgasmic women, and had been raised Catholic. Her mother used scare tactics with religious overtones, repeating phrases like “I hope your decision to abstain includes remembering your faith.” This fueled a feeling of obligation to be a role model for her younger sisters, and the end product was predictable: she disallowed herself pleasure, viewing it as a hazard, and was now well on the path to asexuality.

Step 1: I gave Giselle, who’d agreed to play along, the book *Sex for One* by Betty Dodson,<sup>7</sup> along with a homework assignment to masturbate prior to bed for five minutes each night.

Then I crossed my fingers.

The next few weeks would show if her discomfort and disinterest could be fixed through simple conditioning.

6. Giselle is a composite of several subjects from here forward.

7. Recommended by Nina and dozens of other sex educators. Giselle found this book a bit too over-the-top due to rather creepy illustrations and a group sex description in the beginning. She preferred *I Love Female Orgasm: An Extraordinary Orgasm Guide* by Dorian Solot, later given to her by an enthusiastically orgasmic female friend.



In boxing, there is an expression: “Everyone has a plan until they get hit.” For Giselle and other women I later interviewed, it seemed that they often had Rocky-like sexual confidence until game time with a partner, when all the buried insecurities surfaced despite (or perhaps because of) their best efforts to suppress them. It was practice facing these demons that they needed, not better self-talk. Masturbation it was.

I hoped five minutes of nightly homework would be enough.

#### THE POSITIONS: PRECISION AND PRESSURE

Nina emphasized two slight modifications to most positions:

1. **Changing the angle** of penetration so that the head of the penis makes more contact with the female g-spot, which is generally about a quarter in size and one to two inches inside the vagina on the top side. If the male inserts an index finger up to the second knuckle (palm up), and makes a come-hither motion, the fingertip should touch a sponge-like tissue or be within an inch of it. This is the g-spot.
2. **Changing the pressure** of the position so that the man’s pelvic bone is in direct contact with the clitoris.

The descriptions that follow are based on Nina’s suggestions, as well as my [cough] research testing. The three positions described were chosen because the woman need not necessarily stimulate herself, as would be the case in doggy style.

#### **Improved-Angle Missionary**

On the facing page, notice that the woman’s hips are elevated on a pillow to tilt her hips toward her head. Nina suggests buckwheat hull pillows, which are firm and, unlike foam or feather pillows, don’t collapse. I fell in love with them in Japan, as the hulls conform to your head and neck to offer the perfect night’s sleep. They conform equally well to female buttocks, while keeping them a perfect six or so inches off the bed.

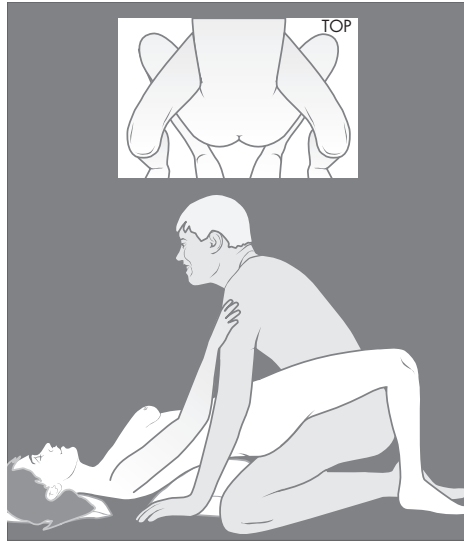
The man then moves his hips as close as possible to the woman’s hips while keeping his heels under his buttocks. He should be sitting Japanese-style, sitting on heels with knees spread as wide as is comfort-



CONVENTIONAL MISSIONARY



IMPROVED-ANGLE MISSIONARY



Man  
 Woman

} If this isn't obvious, I recommend slapping your parents and watching more television.

able. The lower he keeps his hips, the better the angle to hit the g-spot.<sup>8</sup> Experiment with different depths of penetration. Using a rhythm of nine shorter half-length penetrations with one long is particularly effective. Use the bottom of the opening of her vagina as a fulcrum for the penis, which will act as a lever.

The woman should test (a) pulling her knees toward her chest to tilt her hips toward her, and (b) placing her feet flat on the bed to elevate her hips. One will usually feel awesome, while the other will feel awkward.

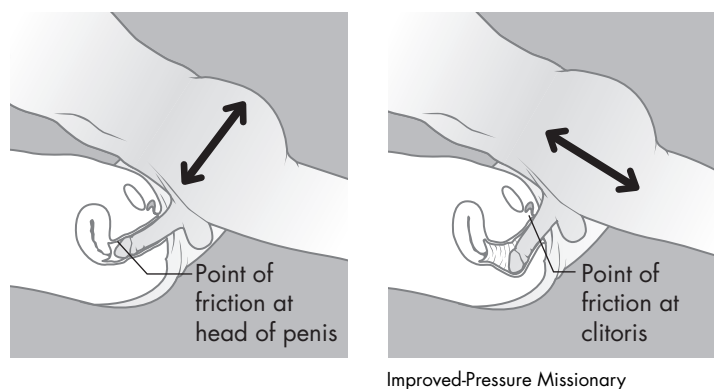
Note for the big gents on long strokes: if your penis is apt to hit her cervix in this position, which is not pleasant for women, “open up” one hip, as they say in the adult film business. Putting her bellybutton at twelve noon, aim your penis at ten or two o’clock. This works for all positions where deep penetration is possible (doggy style, knees on shoulders, etc.). Pain isn’t sexy unless the woman tells you it is.

**Improved-Pressure Missionary**

To accomplish this position, the male must shift his weight forward a few inches. First, he must straighten his legs (bringing them closer together

8. In doggy style, if you wish to expand your repertoire later, the woman would want to keep her hips as low as possible.





makes this easier) so the knees are off of the bed. Then he'll support more weight on her pelvis (the entire purpose) and his arms.

This changes the angle of penetration so that the focal point of friction is no longer the head of the penis against the vaginal wall, but rather the man's pelvic bone on the woman's clitoris. This kills two birds with one stone: the man can last far longer, and the woman receives direct clitoral stimulation.

This modification was recommended by Nina, but she is not alone.

Tallulah was emphatic: "The number-one move I would offer to men is the targeted pelvic grinding in this position, either moving the hips in small circles or slowly side to side."

I later found bracing the abdomen muscles, even extending them a bit, and rocking the hips back and forth in a short one- to two-inch motion to be most effective. Imagine that, from just below your navel to the base of your penis, you are connected to the woman—never lose contact with the clitoris. If you do this right, expect to feel like you did 1,000 sit-ups the next day.

Just as one friend said to me as I ground the gears of my car on a steep hill in San Francisco:

"If you can't find it, grind it."

Bad advice in cars, good advice in girls.

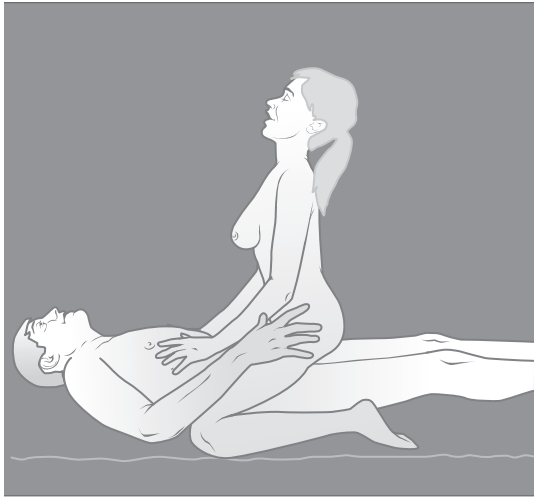
### **Conventional Cowgirl Position vs. Improved-Pressure Cowgirl Position**

Improved-pressure cowgirl puts the woman on top and re-creates the same penile position as in improved-pressure missionary.

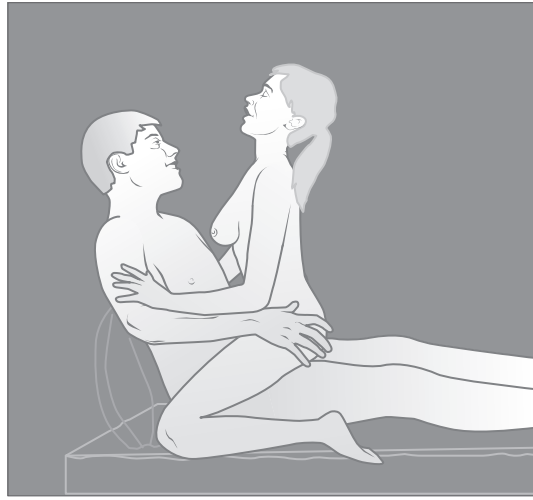




CONVENTIONAL COWGIRL



IMPROVED-PRESSURE COWGIRL



The man should not be flat on his back, nor should he be sitting straight up. He should be leaning back about 20 degrees. This can be accomplished with pillows on a bed or, ideally, on an armless chair with a back that the woman can hold on to. The advantage of this position is simple: the woman can control the motion.

Professor Nina offers the following advice for all intercourse: “When in doubt, you supply the pressure and she provides the movement.”

The male can hold a vibrator to the clit in this position, but I opted not to because of the risk of distraction on both sides. As Nina-san sayeth: “A vibrator can be a girl’s best friend, or it can be as annoying as a mosquito.”

I could always bring in the heavy artillery after the fact, but I wanted to be ready for empty-handed encounters. I wanted to deconstruct the orgasm, and create it at will, without any tools.

That’s when the note in my pocket became the keys to the kingdom, which we explore in the next chapter. That’s also where we’ll learn what happened with Giselle.



## TOOLS AND TRICKS

**Buckwheat Hull Pillows ([www.fourhourbody.com/buckwheat](http://www.fourhourbody.com/buckwheat))** Bucky manufactures comfy pillows filled with natural buckwheat hulls. Buckwheat hulls are lightweight, durable, and fit the contours of your body without getting flattened like normal pillows. The hulls are hypo-allergenic and allow constant air circulation through the pillow, keeping you cool. Perfect for better sleep and better sex.

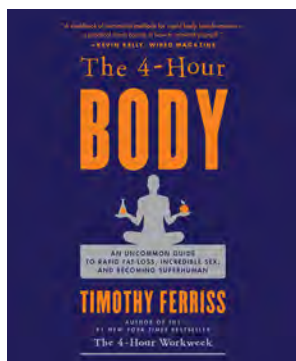
**Liberator Bedroom Adventure Gear ([www.liberator.com](http://www.liberator.com))** Spice up your bedroom with all the Liberator sex gear you can afford. The website is explicit, and I want to hire their photographer (or maybe it's just the female models?). If nothing else, the “wedge” is a must-purchase item ([www.fourhourbody.com/wedge](http://www.fourhourbody.com/wedge)). Enough said.

**Beautiful Agony ([www.beautifulagony.com](http://www.beautifulagony.com))** Beautiful Agony is a bizarre but oddly hypnotic experiment. The site features videos that users submit of their “O” faces. It may be the most erotic thing you've ever seen, yet the only nudity it contains is from the neck up. Perhaps it's just me, but I wish they had a “Would you like to see men or women?” landing page.

**SexWise with Nina Hartley ([www.sexwise.me](http://www.sexwise.me))** This is where Nina explores and explains it all. Based on the belief that most sexual “problems” are conflicts between true sexual nature and what you've been taught to believe is acceptable, nothing adult, legal, and consensual is taboo on this site.

**Tallulah Sulis ([www.tallulahsulis.com](http://www.tallulahsulis.com))** Tallulah is a female ejaculation expert. She was the first to introduce me to the missile coordinates that form the basis for the next chapter.

***I Love Female Orgasm: An Extraordinary Orgasm Guide* ([www.fourhourbody.com/loveorgasm](http://www.fourhourbody.com/loveorgasm))** This book, given to Giselle by a female friend, was so good that she suggested I make it my default recommended reading. It uses levity and humor to explain how to have an orgasm during intercourse (and why most women don't), detailed advice on how to have your first orgasm, and advice for better oral sex, among other things. Anecdotes from real-world couples create an experimental eagerness around topics that might otherwise be intimidating. It's a great book.



#1 BESTSELLER ON  
amazon

This is just one of more  
than 50 topics covered  
in [The 4-Hour Body](#)...

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