

# **Tools of Titans by Timothy Ferriss - The Perfect Christmas Gift**

With Christmas just around the corner, it's a busy time of year for many of us.

Additional bank holidays, staff leave and Christmas shut-downs mean you may need to work harder and longer to get everything in order before you can enjoy the festivities yourself. Making it difficult to find the time to think about gifts, let alone get out there and battle your way through the high street hoards in search of them.

If you're looking for an inspirational gift that will keep on giving, one you can easily order online and will fit through your letterbox, here's my suggestion for you...

## **What Is Tools of Titans?**

In short, it's a book written by Timothy Ferriss. But in reality, it's so much more than that. It's a way of life. It teaches those who read it how to stand out from the crowd, be successful, happy and comfortable in their own skin.

From interviews with the world's most influential, successful and high-performing people, including entrepreneurs, athletes, entertainers and leaders, Ferriss has created practical guidance based on the beliefs and habits of the best of the best that you can use to lead a more fulfilled life.

## **Who Is Timothy Ferriss?**

Timothy Ferriss is a highly successful, passionate and inspirational entrepreneur, investor, author, podcaster and lifestyle coach.

His achievements include;

- Being one of Fortune's '40 under 40' which shines the spotlight on individuals who are shaping business.
- Listed as one of the Fast Companies 'most innovative business people'.
- An early-stage investor of Uber, Facebook and Shopify.
- Author of 5 #1 bestsellers, including Tool of Titans.
- The first business podcaster to exceed 100 million downloads.

## **Who Can Benefit From Reading Tools of Titans?**

Everyone.

I can't think of a single person who couldn't gain something from this book. It's great whether you're trying to improve your fitness, work more efficiently, sell your business, grow your empire, increase your income or become happier with life.

Even people who don't like a big read can benefit from it. It might seem like a bit of a heavyweight, but from the offset, Ferriss tells the reader they can dip in and out when it suits and skip the bits that don't resonate with them.

## **The Dickens Process**

Tools of Titans is full of expert knowledge and guidance, and the part that has had the most profound impact on myself is the Dickens Process. It also feels particularly relevant for this time of year.

The Dickens Process is a method used by one of the world-leading life and business strategists, Tony Robbins. It was during Robbins' seminar, Unleash the Power Within, that Ferriss experienced the Dickens Process first-hand.

With its name taken from Charles Dickens' A Christmas Carol, it's no surprise that the process involves self-reflection in order to change the way you do things. Specifically, your limiting beliefs.

In A Christmas Carol, Scrooge is visited by the Ghosts of Christmas Past, Present, and Future, forcing him to evaluate his choices in all time zones and see the consequences of his actions.

## **How The Dickens Process Works**

In the Dickens Process, you're forced to examine limiting beliefs – say, your top two or three handicapping beliefs – in the past, present and future. Tony guides you through each in-depth, and I recall answering and visualizing variations of:

- What has each belief cost you in the past, and what has it cost people you've loved in the past? What have you lost because of this belief? See it, hear it, feel it.
- What is each costing you and people you care about in the present? See it, hear it, feel it.
- What will each cost you and people you care about 1, 3, 5, and 10 years from now? See it, hear it, feel it.

After you feel the acute pain of your current limiting beliefs, you create 2 to 3 replacement beliefs to use moving forward. This then allows you to make more positive choices and prevents you from getting pulled back into old beliefs by old language patterns.

This process is incredibly powerful and can trigger great transformation within you very fast. Helping you to break free from your negative belief patterns and to culture a happier, more successful life.

For Ferriss, one of his limiting beliefs was '*I'm not hard-wired for happiness*'. But through the Dickens Process, he replaced this with '*happiness is my natural state*', and felt consistently happier.

## Tools of Titans Make A Great Christmas Gift

If someone you know is interested in self-development, Tools of Titans is the ideal gift for them this Christmas. In fact, when was the last time you bought yourself something special? Gifts don't just have to be for others, especially when they can help to transform your life for the better.

Think you don't have time to read? Think again. Get rid of that limiting belief by confronting the reasons behind it and making changes to free up some downtime. And if reading isn't for you, you can listen to the audiobook - so there really is no excuse!

To learn more about Tools of Titans, [click here...](#), or [order it now](#) to tick one thing off your gift list this Christmas.

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### Meta Title

Tools of Titans by Timothy Ferriss - The Perfect Christmas Gift

### Meta Description

Looking for the perfect gift this Christmas? Tools of Titans is an inspirational guide that everyone can benefit from to live a more fulfilled, successful and happy life...

### Social Snippet

If you want to give the gift of inspiration, motivation and fulfilment this Christmas, look no further. Timothy Ferriss' book Tools of Titans is the present that will keep on giving. Everyone can benefit from this book. Helping those you care about to live a happier and more successful life they love. To discover more, [click here...](#)