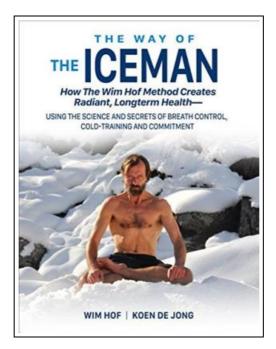
The Way of The Iceman: How The Wim Hof Method Creates Radiant, Longterm HealthUsing The Science and Secrets of Breath Control, Cold-Training and Commitment (Paperback)



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Reviews

Certainly, this is actually the best job by any article writer. It can be loaded with knowledge and wisdom I realized this pdf from my i and dad advised this book to discover. (Ms. Verlie Goyette)

THE WAY OF THE ICEMAN: HOW THE WIM HOF METHOD CREATES RADIANT, LONGTERM HEALTHUSING THE SCIENCE AND SECRETS OF BREATH CONTROL, COLD-TRAINING AND COMMITMENT (PAPERBACK)

Dragon Door Publications,U.S., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Science has now proved that the legendary Wim Hof Method of breath control and cold-training can dramatically enhance energy levels, improve circulation, reduce stress, boost the immune system, strengthen the body and successfully combat many diseases. While Wim Hof himself has run marathons in -30 C in shorts, swum hundreds of meters under the ice, sat in a tank of ice for 90 minutes without his core temperature changing and boosted his metabolism by over 300, The Way of The Iceman documents how anyone can use Wim s methods to transform their health and strength, quickly and safely. After teaching specialized breathing techniques to SEALs for years, helping them focus, stay warm in the cold ocean and get centered in combat, I can attest to the authenticity and power of Wim Hof s methods. Wim Hof is providing a great service with his new book The Way of The Iceman by bringing breath training and simple, powerful health practices into mainstream consciousness. --Mark Divine, US Navy SEAL (ret), Founder SEALFIT, Best selling author of Unbeatable Mind and Way of the SEAL ? I am continuously searching for ways to expand my mind, body and spirit--Wim Hof and The Way of The Iceman have done just that! He shows us that human potential is limitless and we are ALL capable of anything we set our minds to. ?--Lewis Howes, New York Times bestselling author of The School of Greatness What fascinates me most about Wim Hof s method is the potential application for athletes.the science in this book shows that we can all amplify our recovery, maximize our pain tolerance, massively jack up energy levels and even learn to control inflammation.and it can be done...

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