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Guided Wim Hof Method Breathing **The Iceman Book on Tape Part 7 of 11**
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Wim Hof on Mastering Your Breath,
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The Way Of The Iceman

The Way of The Iceman: How The Wim Hof Method Creates Radiant, Longterm Health—Using The Science and Secrets of Breath Control, Cold-Training and Commitment: Hof, Wim, de Jong, Koen, Itzler, Jesse: 9781942812098:
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With The Way of The Iceman, Wim Hof has given a profound gift to public health. The science is solid and the results actual and measureable. As you follow his remarkable life story it is readily apparent that this man is no charlatan or snake oil salesman.

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Way Of The Iceman: Hof, Wim: Amazon.com.au: Books

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Method Creates Radiant, Longterm Health -- Using the Science & Secrets of Breath Control, Cold-Training & Commitment: Amazon.co.uk: Wim Hof: 9781942812098: Books. Buy New. £17.43. RRP: £25.99. You Save: £8.56 (33%)

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While Wim Hof himself has run marathons in -30 degrees Celsius 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 more than 300 percent, The Way of the Iceman documents how anyone can use Wim's methods to transform his or her health and strength quickly and safely.

The Way of the Iceman by Wim Hof, Koen De Jong | Audiobook ...

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The resultant findings are compiled in The Way of the Iceman: a comprehensive work, filled with valuable nuggets from the Iceman himself, that paints a full picture of the Wim Hof Method.

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