

# Whm Wim Hof The Iceman

Born 20 April 1959 (age 61) Sittard, Limburg, Netherlands:

Occupation: Extreme athlete: Children: 6: Website:

<https://www.wimhofmethod.com/>

## **What is the Wim Hof Method? | Practice The Method**

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## **Wim Hof Breathing: The Iceman, the Method, and the Human Body**

WIM HOF METHOD EXPLAINED animation -step by step - by the new book of the ICEMAN the daredevil (HD) *Influencing the Immune System* | *Wim Hof Method Science Guided Wim Hof Method Breathing* *"In 8 months I was completely symptom-free"* | *Wim Hof Method Experience* **Wim Hof - Becoming The Iceman (Book Review + Cold Training)** Inflammation | Wim Hof Method

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*Wim Hof breathing tutorial by Wim Hof* *Wim Hof, The Iceman Cometh* | *HUMAN Limits The Superhuman World of Wim Hof: The Iceman* [Multiple Sclerosis | Wim Hof Method Testimonial](#) [Wim Hof Method Guided Breathing for Beginners \(3 Rounds Slow Pace\)](#) ~~[icebath-wim-hof, the Iceman Wim Hof | It Takes Only 2 Days! Wim Hof Method](#)~~ ~~[Every day for 1 Year This Trick Reduce Stress, Anxiety and Depression](#)~~ | ~~[Wim Hof Wim Hof Method - Half A Year In, Full Report](#)~~

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"The Iceman" Wim Hof has not only helped advance scientific understanding, but also accomplished extraordinary feats of human endurance, including 21 Guinness World Records. Below are some of his most memorable achievements. Running a half marathon above the Arctic Circle, barefoot only wearing shorts ; Swimming underneath ice for 66 meters; Hanging on one finger at an altitude of 2,000 ...

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