

THE SUNDAY TIMES BESTSELLING ICE MAN

# THE WIM HOF



As seen  
on BBC One's  
**FREEZE  
THE FEAR**

'I've never  
felt so alive'  
**JOE WICKS**

'An essential part  
of my daily regimen'  
**DR GABOR MATÉ**

'Will change  
your life'  
**BEN FOGLE**

'A legend'  
**BEAR GRYLLS**

# METHOD

**Activate Your Potential,  
Transcend Your Limits**



# Wim Hof Method

**CH Cherryholmes**



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