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The Official Website for Wim Hof (The Iceman) and Justin Rosales' Book

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Wim hof - wikipedia, the free encyclopedia

Wim Hof (born 20 April 1959) In November 2011 Hof and his student Justin Rosales published Becoming the Iceman, a book documenting their background,

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Quote: Becoming the Iceman is a project inspired by Wim and Justin to show the world that anyone can adopt the ability to become an Iceman or Icewoman.

Becoming the iceman by wim hof reviews,

May 16, 2014 Becoming the Iceman is mainly Wim Hof's story of how he became known and broke several world records, and Justin Rosales' account of how he went from one

Becoming the iceman: pushing past perceived

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The iceman / getting stronger

An enjoyable account of Wim s remarkable adventures and methods is detailed in the book Becoming the Iceman, co-authored by Wim Hof and Justin Rosales.

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In this book you will learn the following: The story behind The Iceman (Wim Hof) How someone else (Justin Rosales) trained to become like The Iceman

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Becoming the Iceman (English Edition) eBook: Wim Hof, Justin Rosales: Amazon.nl: As of Fall 2009, Justin Rosales had no experience with the cold whatsoever.

Justin rosales (author of becoming the iceman) -

Justin Rosales is the author of Becoming the Iceman (3.19 avg rating, 81 ratings, 12 reviews, published 2011)

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