

Download Online Boek Nederlands Koud Kunstje - Wim Hof & Koen De Jong



Download online boek Nederlands Koud kunstje Wim Hof & Koen de Jong , Wim Hof (1959) is een bijzondere man. Al 20 x haalde hij het Guinness Book of Records, met extreme prestaties in de kou. Hij zwemt in water met temperaturen rond het vriespunt, dat is voor gewone mensen al binnen een minuut dodelijk. Waarom kan hij dat ? Wat is het nut ervan? En kun jij het ook ? Hof is autodidact en een extremist. Radboud UMC onderzocht zijn technieken, en wat blijkt: iedereen kan het leren. Ga jij ook ademhalingsoefeningen doen en koud douchen ?

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