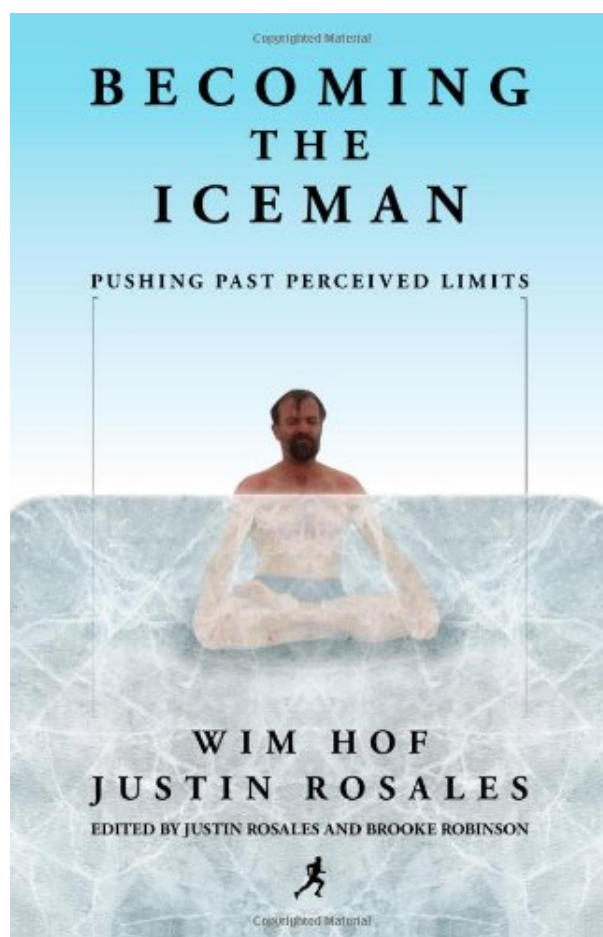


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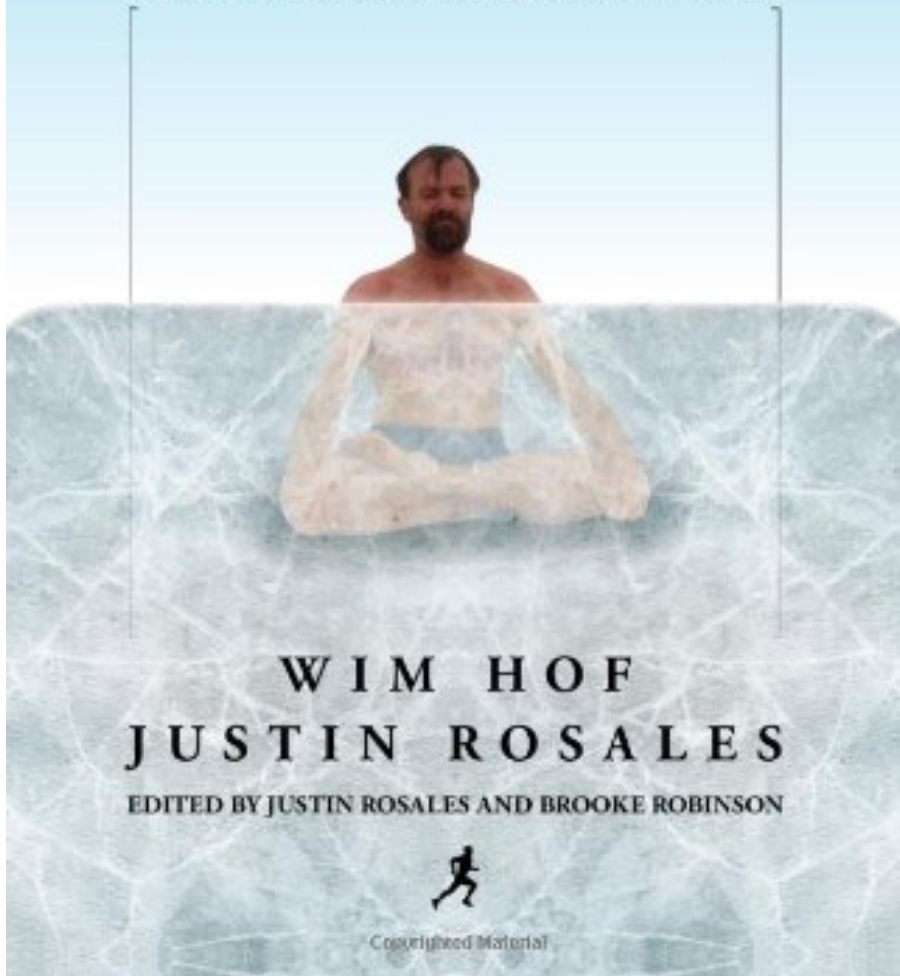
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Becoming the Iceman is a project inspired by Wim and Justin to show the world that anyone can adopt the ability to become an Iceman or Icewoman. The project's goal is to show that the ability to control the body's temperature is not a genetic defect in Wim, but an ability that can be adopted by everyone. For many generations, we have been taught to fear the cold: "Don't forget your jacket! You don't want hypothermia, do you?" "Put your gloves on before you get frostbite!" Of course, these are consequences of extreme cold exposure, but with the proper understanding, anyone can learn to use the cold as a natural teacher. You may have seen Wim Hof on television running barefoot through the snow or swimming in ice-cold waters. While performing those incredible feats, Wim remained completely warm and comfortable the entire time! Wim is the epitome of what can happen if someone uses the cold to train the body. Like any new tool, you must understand how it works before you can use it efficiently. This pertains to the cold as well. You may be wondering, "How can you prove that anyone can learn this ability?" Well, as of Fall 2009, Justin Rosales had no experience with the cold whatsoever. He was a college student attending Penn State University. After Justin's friend, Jarrett, showed him one of Wim's videos on You-Tube, he became exceedingly interested in understanding this ability. He wanted to see if it was possible for anyone to learn. In Spring 2010, after speaking to Wim for several months via email, Wim invited Justin to attend his workshop in Poland. After many weeks of working as a dishwasher, Justin was able to pay for the trip and learn the technique of the Iceman. With more training and countless experiences with the cold, Justin began to slowly adapt. The length of time he could remain exposed increased dramatically. He quickly realized that the technique to withstand the cold was, indeed, an ability that could be learned by everyone. This book tells the tale of Wim and Justin's journey to Becoming the Iceman!

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- 326 pages

Most helpful customer reviews

31 of 32 people found the following review helpful.

Revolutionary and inspiring

By Jordan R.

I have been following Wim Hof since he first appeared on the Discovery Channel. It was a television special displaying his ability to withstand ice cold temperatures. His ability immediately provoked my curiosity. The book "Becoming the Iceman" is not only incredibly inspiring but reiterates that anyone can gain the knowledge and skills Wim has obtained. You will understand and learn through Wim and Justin's experiences laid out in each chapter. The final method is explained in detail at the end. I believe the stories and information will change our lives and health for the better. I highly recommend this book even if you are

skeptical regarding human potential. At the very least it will open your mind to a new and different perspective.

39 of 44 people found the following review helpful.

Wim is interesting. Justin not so much, not at all

By Leah

Wim is a very interesting man, no doubt about it. But this book is irritating on so many levels. I am not interested in Justin's story. The pioneer here is Wim, not Justin and his ego and lack of self awareness. Every chapter about Justin is pretty annoying. I skipped those chapters.

This book could have been a lot better had it not been co-written by someone who isn't on the same page as Wim physically, psychologically, or otherwise.

This story should have been 100% about Wim, but we have to read about some kid with a narrow scope of life experience and a rigid belief system that alienates the reader.

24 of 26 people found the following review helpful.

"Am I glad that I bought It?"

By S. Rogers

My advice; read all the chapters by Wim, then go back and read all of those by Justin.

I think many of the readers who had negative reviews of Justin's portion may have been impatient to get to Wim's material.

I read it "Wim first" and thought that Justin's portion filled in some blanks from a novice perspective that I valued.

I enjoyed the book and gleaned the information that I hoped to from it, from both authors.

For me the test is always "Am I glad that I bought It?"

I am.

See all 52 customer reviews...

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