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Meditation for the Parasympathetic Nervous System This **meditation** promotes the parasympathetic nervous system and brings patience and self-control. It is highly relaxing.

WIM HOF METHOD: STRESS, BIOCHEMISTRY,

BIOFEEDBACK PART 1/3 RECOMMENDED BOOKS: Wim Hof:

The Way of The Iceman: <http://amzn.to/2f3vhE1> Scott Carney:

What **does** not kill us: ...

BIOTROPIC - Parasympathetic Nervous System

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Science Wim Hof Method is now changing science books (see below the 'Biology Now' chapter on Wim Hof)!

The starting point of this ...

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