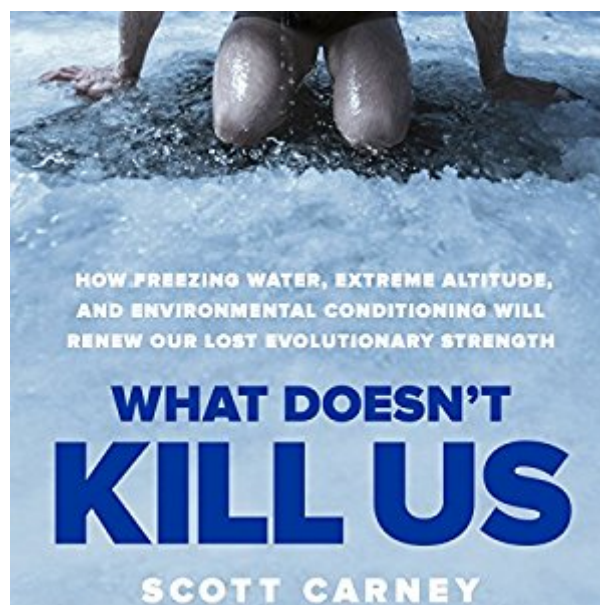




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# What Doesn't Kill Us: How Freezing Water, Extreme Altitude And Environmental Conditioning Will Renew Our Lost Evolutionary Strength



## Synopsis

What Doesn't Kill Us, a New York Times best seller, traces our evolutionary journey back to a time when survival depended on how well we adapted to the environment around us. Our ancestors crossed deserts, mountains, and oceans without even a whisper of what anyone today might consider modern technology. Those feats of endurance now seem impossible in an age where we take comfort for granted. But what if we could regain some of our lost evolutionary strength by simulating the environmental conditions of our forbears? Investigative journalist and anthropologist Scott Carney takes up the challenge to find out: Can we hack our bodies and use the environment to stimulate our inner biology? Helping him in his search for the answers is Dutch fitness guru Wim Hof, whose ability to control his body temperature in extreme cold has sparked a whirlwind of scientific study. Carney also enlists input from an army scientist, a world-famous surfer, the founders of an obstacle course race movement, and ordinary people who have documented how they have cured autoimmune diseases, lost weight, and reversed diabetes. In the process he chronicles his own transformational journey as he pushes his body and mind to the edge of endurance, a quest that culminates in a record-bending 28-hour climb to the snowy peak of Mt. Kilimanjaro wearing nothing but a pair of running shorts and sneakers. An ambitious blend of investigative reporting and participatory journalism, What Doesn't Kill Us explores the true connection between the mind and the body and reveals the science that allows us to push past our perceived limitations.

## Book Information

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## Customer Reviews

Got this book for my birthday, and man has it changed how I view health and the human body in general. It always bugged me in the back of my mind how our ancestors managed to get by without air conditioning and hot showers. When I heard about Wim Hof, I instantly knew that he was on to something with his cold tolerance stuff. Seeing him break the world records, go under scientific scrutiny, and even resist an endotoxin and only get a slight headache, I was sold. Before I even got this book I started doing cold showers and saw results within just around 3 days or so. Before, I would take really hot showers and as soon as I got out, the evaporation made me shiver uncontrollably. After doing cold showers (man, did they sting at first!), I'm able to go outside in the snow with no shirt on and it feels more comfortable than what hot showers used to feel like. No shivering, I'm just chill (haha). I also bought Wim Hof's 10 week course for about \$190 and can already hold my breath for around 3 minutes without really trying, and I've only been doing these breath exercises for like 3 days. I can do 40 pushups without breathing! I don't need coats and jackets when it's cold outside and my family is complaining and shivering and I'm fine. Just be aware that people can be really resistant to this sort of knowledge because it runs so counter-intuitive to the drug-addicted culture we live in. Prescribed pill popping won't get you healthy, it merely manages different conditions and gives you more side effects than positive results in many cases. Cold tolerance exercises your cardio-vascular system and your immune system and makes it so that your heart has to work less hard to keep you warm and moving. It's also very beneficial for stretching parts of your body that are sore. Just go to Wim Hof's youtube channel and look at all the testimonials of people who have diseases such as Rheumatoid Arthritis, Fibromyalgia, Multiple Sclerosis, even deep skin burns. This stuff really works. So yeah, buy this book and then do it! You can too can become... THE ICEMAN!

If you want to learn about Wim Hof and his methods this is not the book. If you want to learn about human endurance, or the limits of the human body this is not the book. These topics are given an over view, but if you are looking for something more in depth look elsewhere. It is well written and an easy read, but it's really about the writer's personal journey more than the topic that the title suggests. Disappointingly the writer slips in social justice warrior nonsense which adds no value to the book, but only serves to virtue signal. My opinion is that Carney is a journalist that wanted to be an author and saw this topic as vehicle to authorship. Bottom line: If the title and subtitle intrigue you then don't buy this book, but look elsewhere for information.

The experiment and analysis Scott Carney went through and researched and then told through this book is impressive. For anyone looking to connect more with their inner world as well as the world we see this is a great read. Practices meant for each of us to use.

Great read for those who are interested in what the body is capable of if you manage the mind effectively in extreme conditions

The author tries to convey this really interesting topic, i.e., how to control our own bodies and improve our health through exposure to extreme cold and learning to breathe, through a personal narrative that jumps around a little bit. Reads like a collection of vaguely related essays from Outside.

I really enjoyed this book, I would recommend it to anyone. The author explains the method fairly well, but this is something you need to practice and experience yourself. This is a good starting point.

A great, sceptical, well informed book about Wim Hof, but also much more. Highly recommended! The only negative comment I have is that some of the chapters should have been a bit longer, it's interesting stuff!

Good book about the evolutionary aspects of environmental exposures to the human body. Not so good about WHM.

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